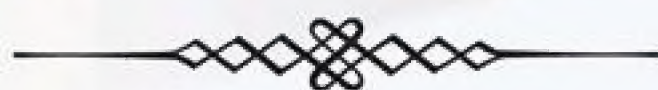


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The Life Improvement Store™

april 17



111

sweet charity

Rake in the dough with innovative takes on bake sale classics, and join Share Our Strength's fight to end childhood hunger.

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Cover Photograph by Rita Maas
Food Styling by Karen Tack
Prop Styling by Loren Simons

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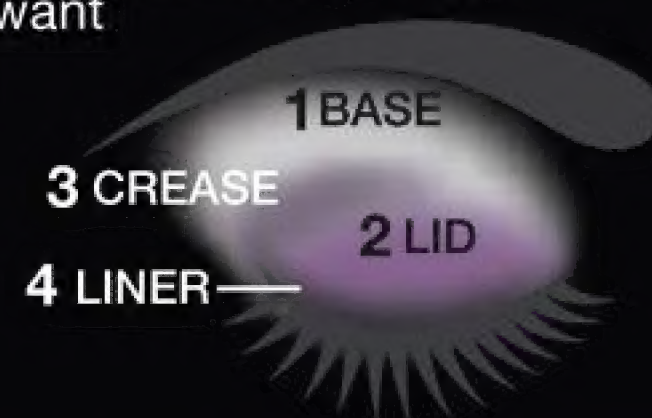
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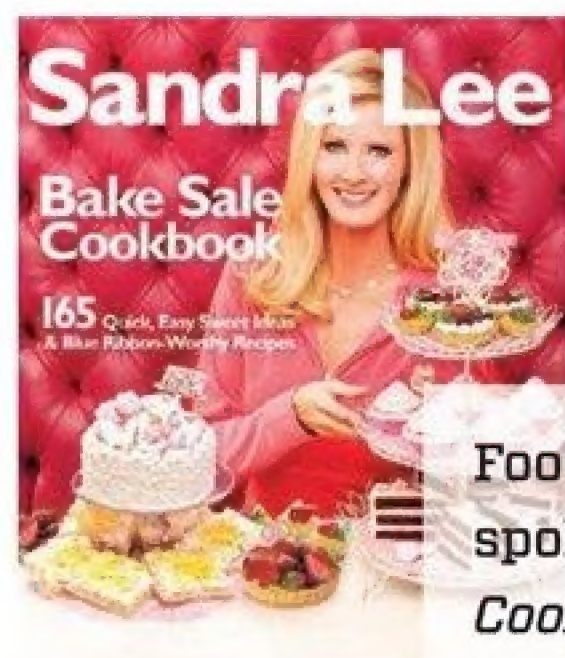
from the editor



In a few weeks I'll be heading down to Charleston, South Carolina (one of my all-time favorite places), for my sixth (!) Family Circle Tennis Cup—an amazing event that I look forward to every year. *Family Circle* has been proud to support this Women's Tennis Association premier tournament since its inception in 1973—the longest-running title sponsorship of the WTA. Every April the gracious city of Charleston welcomes the biggest names in women's pro tennis. Leading the pack for 2011 are Serena Williams and Maria Sharapova, along with defending 2010 champion Samantha Stosur and 2007 winner

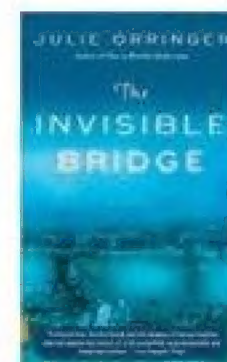
Jelena Jankovic. We are also thrilled to have back on the court two of our greatest champions, Chris Evert and Martina Navratilova. They'll be serving aces and smashing winners in a mixed doubles match with partners John ("You Cannot Be Serious") McEnroe and Todd Martin on Saturday night in our second annual "Game Set Rock" tennis exhibition. Can't make it to Charleston? Tune in to ESPN2 April 7–10 to catch all the action!

Linda Fears, Editor in Chief
linda@familycircle.com



Food Network star and Great American Bake Sale spokesperson Sandra Lee's latest release, *Bake Sale Cookbook* (Wiley), has 165 mouth-watering new takes on classic desserts. The sweetest part? Fifty percent of the book's proceeds will be donated to the hunger-relief charities Share Our Strength and Feeding America. SandraLee.com, \$20

WHAT I LOVE THIS MONTH



ON MY KINDLE

The Invisible Bridge
By Julie Orringer (Vintage)

This haunting, gracefully written historical novel is a beautiful love story set against the backdrop of Paris and Budapest before and during World War II. It is both inspiring and heartbreaking; I couldn't put it down.
Amazon.com, \$7.72



ON MY BATHROOM SINK

L'Oréal Youth Code Cream

I've finally found an anti-aging face cream that actually works. It's for day and night (which I love), smells good and feels great on my sensitive skin. I swear, after using it twice a day for a few weeks my face is glowy, hydrated and has fewer fine lines. Drugstores, \$25



IN MY FRIDGE

Silk Pure Almond Milk

It took me a while to try almond milk—I knew all about the amazing health benefits (high in protein, low-cal, low-fat, no cholesterol, packed with vitamins and minerals) but I didn't think it would taste very good. I was wrong. I like it with cereal and in coffee. I haven't given up regular milk, but this is a great alternative.
Grocery stores, \$3



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site for moms of teens and
twins: momster.com

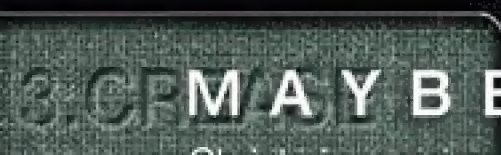
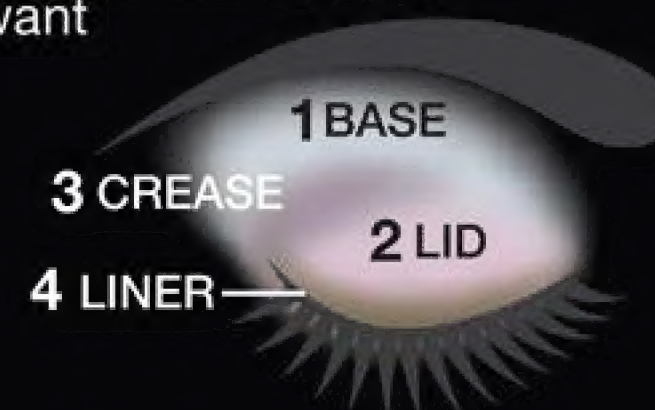


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Contributors



«
**rodney
cutler**

"A haircut is one of the easiest ways to change your appearance in a short amount of time," says the NYC celebrity stylist featured in "Making the Cut," page 64. "I love being a part of someone's reinvention process." Women should bring pictures or ideas to their appointments, recommends Rodney, but should also remain open to suggestions.



«
**sandra
gordon**

What surprised Sandra most while researching "Bye-Bye Back Pain," page 79, was how many simple things people can do to prevent problems. "I don't have issues in that area (knock wood!), but it's never too early to take preventive steps," she says. "I now stuff sofa pillows behind me for added support when I'm sitting in a chair, working on my laptop."



«
**kate
doherty**

Family Circle's senior associate home editor loved decorating Easter eggs as a kid. "I'd always agonize over whether to use dye, glitter or both," says Kate, who wrote "Good Eggs," page 22. "This year I'm reverting back to childhood and inviting friends over so we can try our hands at some of the gorgeous designs from this story."

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kids

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feedback

Sugar High

The Classic Cinnamon Buns featured on the January cover were simple and delicious! My 10-year-old son, Eric, made them by himself for us to enjoy as a family. Thanks for a really great treat.

Julie Jones, ENNIS, TX

→ Visit familycircle.com/cinnamonbuns for this scrumptious recipe.



Making a Difference

I just read the profile of Gracie Cavnar and her Recipe for Success program ["Serving Up a Solution," February]—she's such an inspiration! As a registered dietitian at a dialysis unit, I work daily with individuals facing the unfortunate consequences of chronic diseases. There's a definite need for effective programs that can empower children through improved health and nutrition. It's wonderful to see that Cavnar has been able to make such a meaningful impact in her community and beyond.

Laura Koller, NORTHFIELD, IL

TWEET OF THE MONTH

"Just made @FamilyCircle's Pasta Fagioli & it was freakin' yummy! I fooled my family into thinking I can cook."

—Mommy_Maven

Visit familycircle.com/pastafagioli for the recipe.

EDITOR'S NOTE

In February's "Clutter-Free in 30 Days" we said that the Medium Flat Rate USPS boxes are perfect for storing papers. Clarification: You should repurpose cartons you've already received in the mail. Make sure to use the pull tab when opening the box. Instead of tossing, fill, label and seal.

what's online

» Love our cover cake? Get even more delicious bundt recipes at familycircle.com/bundtcakes

» Plan a special Easter morning for your family! Find our favorite recipes at familycircle.com/easterbrunch

» Seal your Passover seder with a sweet treat. Get delicious dessert ideas at familycircle.com/passover

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advertisement

Protect your kid's smile this Easter

Did you know that kids' cavities are up 20% since the 1990s?¹

In fact, 50% of children will have a cavity or filling between the ages of five and nine². Dentists recommend a proper oral care routine that includes a fluoride rinse, brushing, and flossing to help prevent cavities and build healthy habits for your child that will last a lifetime.

Now is the perfect time to start making your child's mouth healthier. Protect them from common cavity culprits, like candy and other treats, by adding LISTERINE® SMART RINSE® mouthwash to their routine. It provides 12 hours of protection to help prevent cavities and helps reverse early stages of tooth decay. Plus, it works like a magnet to attract what brushing may miss and strengthens teeth 99% better than brushing alone.* The perfect weapon to defend against cavity-causing candy!

*Data based on laboratory testing. Use twice daily as directed.



Try these tips to make brushing fun!

Clean to the beat.

Rinsing, brushing, and flossing are all rhythmic activities. Play music to help kids enjoy oral care routines.

Show, don't tell.

Rinse and brush twice a day, and floss once a day every day. Share the experience with you child.

Reward healthy behavior.

Post a calendar in the bathroom and reward kids with a gold star for each day of great oral care.

More Ways to Give Your Child a Brighter Smile



New LISTERINE® SMART RINSE® featuring Barbie™ and Phineas and Ferb™

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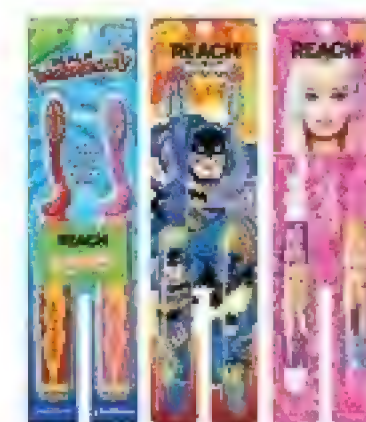


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¹CDC Jan 2010.

²US Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General—Executive Summary. Rockville, MD: US Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.

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Use as directed. *Among OTC mouthwashes. ©McNEIL-PPC, Inc. 2010

»»»» HAPPY HOUR »»»»

Hip Hops

Something new is brewing with dessert—and we don't mean coffee. Beer is making its way into all kinds of sweets, from ice cream floats and shakes to cakes and candy. Citrusy wheat beers, tangy sours, bitter pale ales, rich stouts and porters—just about any variety can add a little zing to your favorite treats. The popular Tecate cake at L.A.'s Kiss My Bundt Bakery, for example, owes its moist, light crumb to carbonation from the Mexican lager. Chicago-based celeb chef David Burke's cupcakes have a sweet, earthy flavor, thanks to a generous infusion of Samuel Adams. Go ahead, indulge—these boozy sweets are hangover-free!

The flavor boost in this **BEER BREAD PUDDING** comes from Heineken.



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Want the recipes? Go to familycircle.com/beer

BeerCandy.com's **CHOCOLATE-COATED CARAMELS** pack a sweet punch.



INNER CIRCLE

A roundup of smart talk, hot trends and cool stuff



SOAR SPOT

Fans of the bestselling iPhone app of 2010, **Angry Birds**, reportedly rack up 200 million minutes of play each day, hatching a market for T-shirts, comic books, even a possible video game. The appeal of these fierce-faced flyers is simple, according to Robert Thompson, director of Syracuse University's Bleier Center for Television and Popular Culture. The graphics are odd yet engaging. The price is right. (Free for Android, 99 cents for iPhone.) Play is easy enough for newbies but sufficiently interesting for seasoned gamers. And, of course, there's that whole it's-good-to-be-bad thing. If nothing else, Rovio, the small Finnish company that produced the game, must have a nice little nest egg by now.



TRENDSPOTTING

The Swing of Things

Spring has sprung, and tassels are popping up all over, adorning dresses and shoes, belts and hats. Long a symbol of military rank and religious orders, tassels and other decorative fringe work were elevated to noble status in 17th-century France during the reign of Louis XIV. These days they're oversize, extra long, brightly colored, finely detailed and made of materials like slinky silk and funky leather—in other words, designed to stand out and get noticed. Flirty, fun and chic—this is the kind of style that really moves us.

Paul & Joe, spring 2011

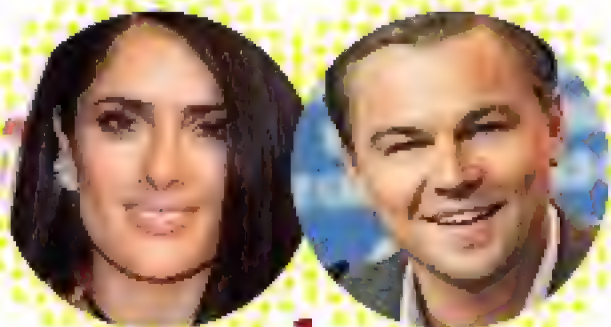
Something beautiful is happening.



Rediscover
Coldwater Creek

PLANET HUGGERS

No, they're not hot for each other. But with Earth Day around the corner, see if you can match these celeb pairs with the eco-cause they've both embraced.



1

Salma Hayek & Leonardo DiCaprio



2

Matt Damon & Cindy Crawford



3

Lady Gaga & George Clooney



4

Johnny Depp & Julia Louis-Dreyfus



A

Rainforest



B

Drinking Water



C

Solar Power



D

Global Warming

ANSWERS: 1. D; 2. B; 3. A; 4. C

CLEAN SWEEP



Is your home or office

desk a mess? The **Robo Vacuum** can help tidy up. Press the button on his head to activate, push the little guy around and he'll suck up pencil and eraser shavings. Such a cute little neat freak! Fredflare.com, \$24



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Take some old plastic water bottles, shred them into flakes, compress and shape, and—presto!—you have these ergonomic, dishwasher-safe spoons and spatulas by Green Street. As an added bonus, these recycled utensils are produced in a plant that uses wind turbines and natural gas generators. Talk about a low-carbon footprint. Kitchen collection.com, \$4 each

shake it up → To add a little leavening to your Passover seder—without breaking any rules—try these matzah-inspired salt and pepper shakers. Have a ball! TraditionsJewishGifts.com, \$10



An Xbox, a cooler-than-mom's set of wheels, maybe a spring break trip—that's what most teenagers would buy with their cash stash. But **LINDSAY BINEGAR** isn't your average kid. The Greenfield, Ohio, 19-year-old bought a 4-bedroom, 2-bath house with prize money she earned showing hogs at 4-H competitions. Her original plan was to put it toward college expenses, but her parents offered to cover costs at a local commuter school. Dad suggested she invest in real estate. She now rents the house to a great aunt and uncle. Move over, Donald Trump.

How many trees can your toilet paper save in just 4 weeks?



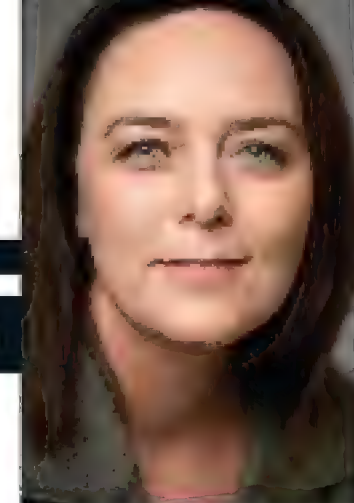
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**The hybrid line features bath tissue, paper towels, flushable moist wipes and napkins made with a blend of virgin material and at least 20% recycled material in products or packaging.

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GEEK-STYLE GARDENING

When we first bought our house, the surrounding property was noticeably under-tended and overgrown—in a neighborhood known for beautiful backyards, no less. As a rule, I like to garden and was definitely up for the challenge. However, my husband, Dan, doesn't know the difference between a wisteria and a potato. In other words, the transformation was going to be up to me.

Like most gardeners, I have favorite tools. But since I'm a tech person, my laptop is one of them. Surfing the Web saves me time and money, because I can easily zero in on plants that will do well where we live. When I hit the nursery, I'm armed with a detailed shopping list and game plan, which reduces the likelihood that I come home with random stuff that looks pretty but will die off quickly. Logging on also helps me, um,

persuade Dan to help. If I just point to a patch of turf and ask him to get going, I'm pretty sure he envisions himself in an orange jumpsuit on a chain gang, and his effort reflects his unwillingness to do hard time. However, if I show him a picture of the garden I'm planning, he imagines me being lavished with praise at our next party and having to admit that he refused to help. That usually gets a shovel of some sort in his hand.

Online garden centers are a bountiful source of inspiration, checklists, photos, troubleshooting tips and video tutorials on everything from starting seedlings to building an arbor. The visuals really help me imagine the end result, a boon for someone as impatient as I am. The Web is also helpful for keeping track of chores. I even use an online garden calendar to help me remember when to

feed my roses, prune the blueberry bushes, order vegetable seeds or bring in the dwarf citrus so it won't freeze.

My yard still has a ways to go. But where there once was a muddy disaster, now exists a stone-floored scent garden. Last year's shabby patch of grass is alive with roses. The dying front lawn is slowly being replaced with an ornamental orchard. My next project involves a stone patio with soft moss and a backdrop of lavender asters and black-eyed Susans. I was awestruck by a picture and the accompanying instructions at Monrovia.com and shared what I'd found with my crew. My husband says he'll pitch in, and even my son, 14, and daughter, 12, say they're willing to contribute some sweat equity in order to enjoy (and claim some credit for) the end result. That's as welcome as spring. ●

GREEN SCENE

Dig in to my favorite virtual gardens.

Monrovia.com This grower delivers plants to retailers around the U.S., while its website offers detailed growing instructions and a zip-code-searchable database of nurseries.

Whiteflowerfarm.com The Connecticut nursery famous for its catalog offers superior how-to videos. It's fun to shop here during the winter for plants to be delivered when they're ready for planting.

Burpee.com Talk about nostalgia—my mom and I ordered seeds from the Burpee catalog every year when I was little. I still buy seeds here, but mostly turn to these pros for specifics on nurturing seedlings and expanding my vegetable garden.

Plantjotter.com (\$21/year after free trial) What a great idea—an online garden journal to track plantings, chores and memories. Making notes provides tons of benefits, like preventing you from digging up dormant plants. You can also attach photos, allowing you to admire your plants' progress as the years pass.

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HOME

→ DO-IT-YOURSELF IDEAS → DECORATING STRATEGIES → FAVORITE FINDS



Photo: King Au.

Be Seated

For a relaxed but stylish dining room, try pulling up a bench to your table. "These space savers are wonderful solutions for those just-a-tad-too-tight-for-chairs areas and allow for that one extra person to squeeze in," says interior designer Donna Hoffman. Choose a bench that has a color or finish similar to your existing furniture's, to create a coordinated, not matchy-matchy, look. An upholstered piece or extra cushions will keep your guests sitting pretty and comfy through dessert.

HOME NEWS

→ BY KATE DOHERTY



Paint in Princess to Be (a pale pink),
grahambrown.com, \$35



Regent Crown pillow,
zgallerie.com, \$40



London candles,
blisslivinghome.com,
from \$13



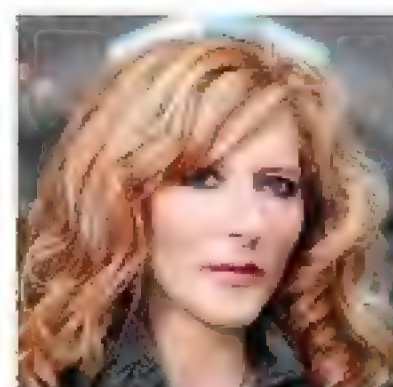
Kings Road mugs,
rosannainc.com, \$45/4

LONDON CALLING

Celebrate Prince William and Kate Middleton tying the knot this month by giving your home the royal treatment with paint and accessories fit for a queen.



PRO pointers



In **Kelly Hoppen Interiors** (Rizzoli), the renowned decorator has created a little black book of design ideas. She shares three of her top-notch tips:

DOWNTIME → For an incredibly flattering glow, scatter table lamps around the living room.

SPARE CHANGE → Freshen up for the season by removing and then

rearranging the objects on a bookshelf or mantel.

GROUP THERAPY → Identify your family's needs and wishes before making any decorating changes—every voice counts.



Warm-hued accent pieces, like these amber glass vessels, liven up a neutral scheme.

ALL THE DIRT

Tackle spring cleaning with these new grime fighters.



◀ Highly concentrated solution means one bottle equals four of the other stuff. Replenish Multi-Surface cleaner, myreplenish.com, \$8



▲ Fierce sponges created by fashion designer (and *Project Runway* winner) Christian Siriano. Sponges, ocelo.com, \$2.60/2



◀ A battery-operated vibrating mop head does all the work for you. Motion mop, mybonahome.com, \$50



CREATE A RECIPE
FOR YOUR
NEW KITCHEN



THEN SAVOR
THE SAVINGS

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good eggs

Just hatched—little decoupage
decorating ideas using pretty
papers and our simple designs.

CRAFTS BY SUZONNE STIRLING

TEXT BY KATE DOHERTY

PHOTOGRAPHY BY WENDELL T. WEBBER

GRASS ROOTS



*Elevate pretty designs
atop egg cups and
candlesticks for a
simple yet striking
display.*

(Instructions on page 29)





LETTER PERFECT

In lieu of place cards at the table, embellish eggs with each guest's first initial. (Instructions on page 34)

FULL CIRCLE

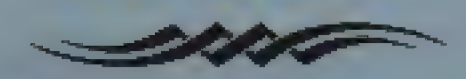


A charming and cheerful wreath gives the front door a festive flourish.



HERE'S HOW » Using an awl, poke a small hole in each end of 12 plastic eggs. Stack four sheets of printed origami paper together (use a mix of patterns or the same one, your choice) and trace on the back of the paper the egg template on page 34. Repeat until you have filled paper. Cut out each stack along the penciled line then cut small slits along the edges to reduce wrinkling. Brush Mod Podge onto the back of one cutout and apply to an egg, pressing out excess glue or air bubbles with your fingers. Repeat until egg is covered. When finished, brush two thin coats of Mod Podge over the egg, letting dry between coats. Once all eggs are dry, string onto 16-gauge wire, allowing an extra inch at each end, and clip the wire. Wrap one end around the other and form wreath shape. Cover wire ends with ribbon to hang.

GARDEN PARTY



Showcase your budding talent with some easy-to-craft blossoms.

HERE'S HOW » Cut solid-color origami paper into a range of different-size squares—2½" to 3" is simplest to work with. Following instructions on page 29, fold squares and cut out flower patterns. Using a small paintbrush, apply white glue to the backs of the flowers and adhere to eggs, pressing out excess glue or air bubbles with your fingers. Cut thin strips of paper to make stems and leaves.



WRAP STAR



Give your eggs the must-have accessory of the season—a quick and chic Easter bonnet.

HERE'S HOW » Cut a ½"-wide strip of patterned origami paper and wrap around the middle of an egg as shown—for a whimsical touch, use a border craft punch on the paper. Affix ends of paper to the egg with white glue. Attach an adhesive paper flower to the middle of the band.






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This Easter, enjoy all 50 flavors (but we recommend just one at a time)

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try to enjoy them one at a time.

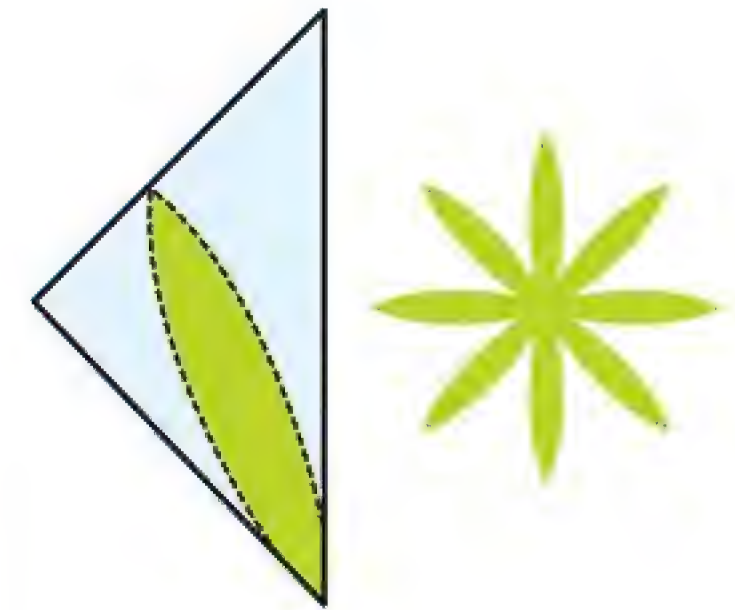
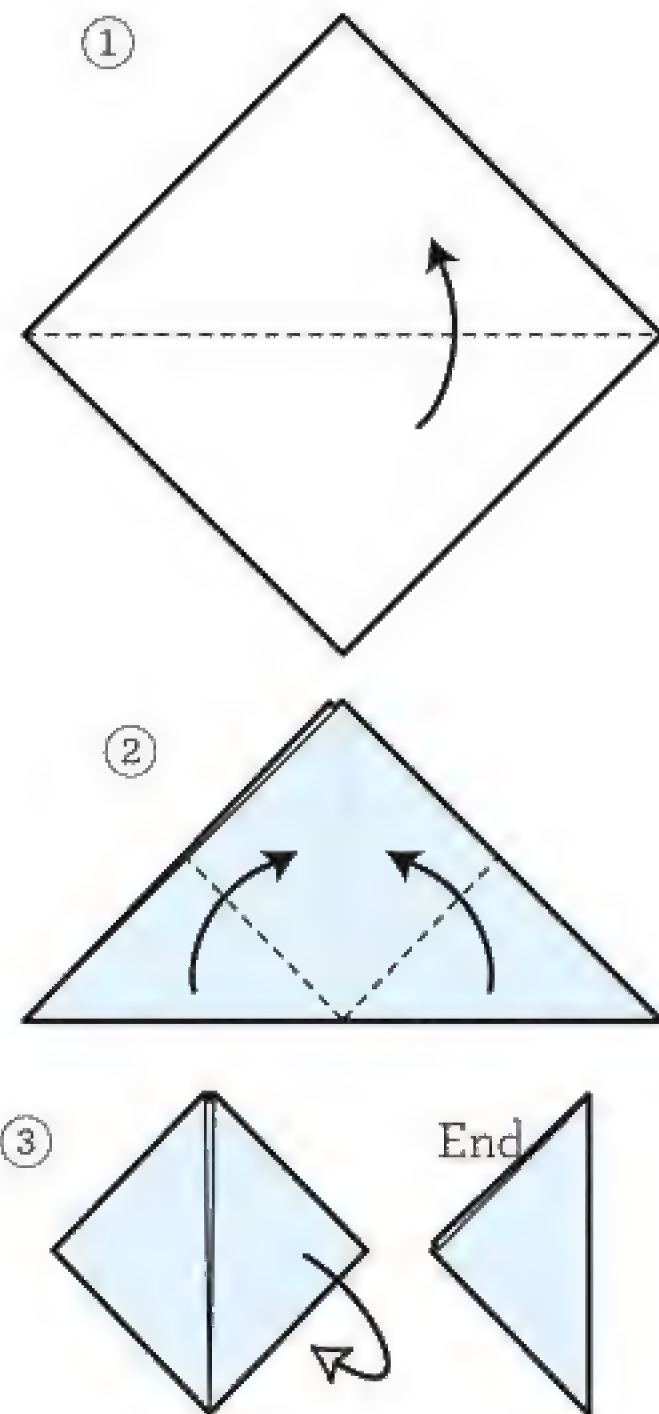
JellyBelly.com



get real. get Jelly Belly.®

how to make flower & grass designs

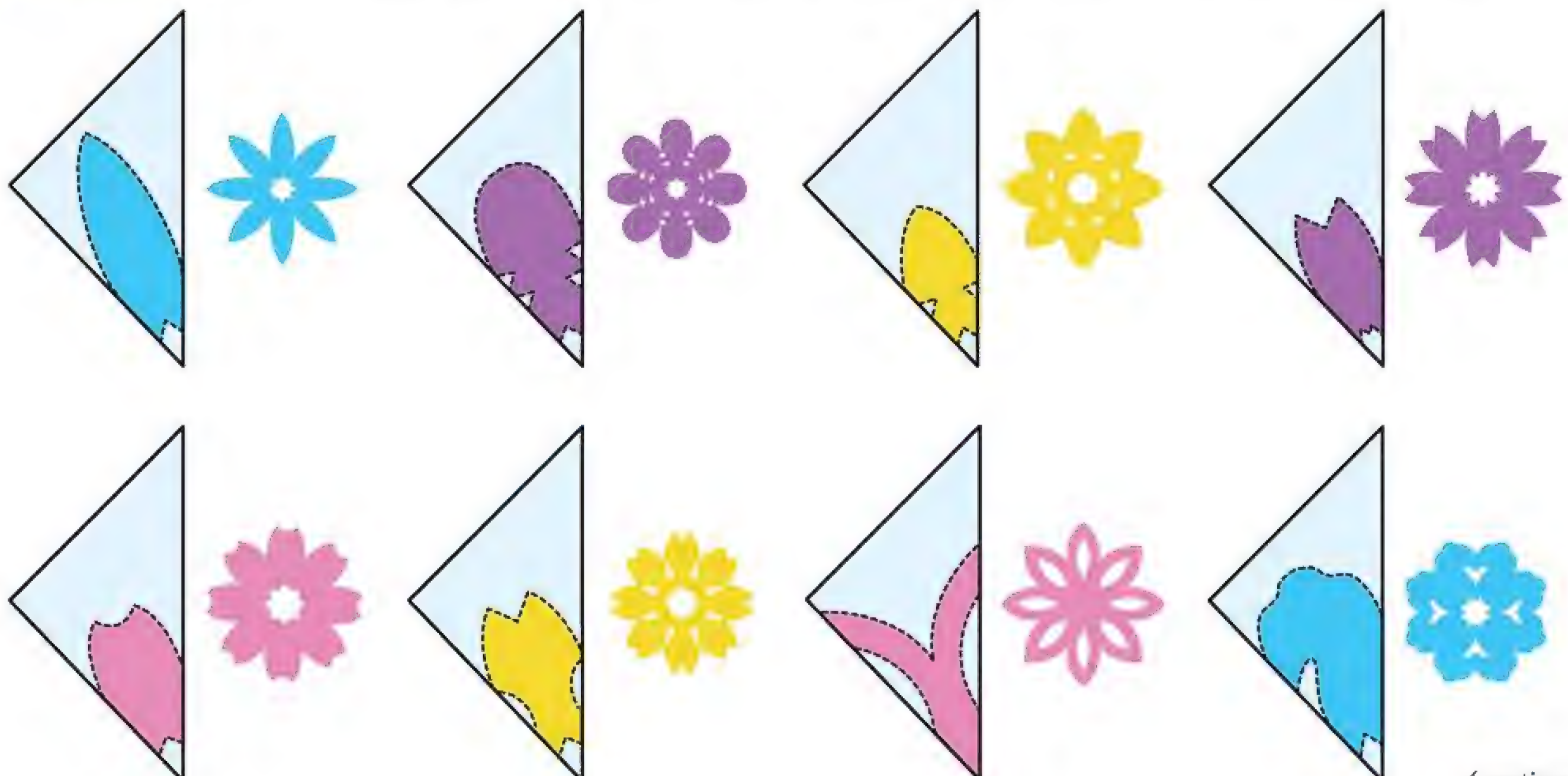
BASIC FOLDING TECHNIQUE



GRASS ROOTS (page 22) » Cut three squares in graduated sizes (3", 2 1/2", 2") and colors from origami paper and fold, following instructions (left). For blades of grass, freehand-cut each with pattern (above). Starting with biggest cutout, add white glue to back and mold paper onto bottom of egg. Repeat with medium-size cutout, staggering placement of the blades. Finish with smallest cutout. Top with a craft-punched butterfly, if desired.



GARDEN PARTY (page 25) » Cut origami paper into different-size squares—2 1/2" to 3" is easiest to work with. Fold, following instructions (above left). Freehand-cut each with pattern of your choice (below).



(continued)



If you're struggling with depression, a helping hand.

Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

The Cymbalta Promise program is designed to help you get started on Cymbalta and to encourage an ongoing dialogue with your doctor throughout your treatment. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment. Our goal is to help you get on the right treatment, whether it's Cymbalta or not. This program is not a guarantee of efficacy. It provides a trial period that may help you and your doctor assess the efficacy, safety, and tolerability of Cymbalta.

To learn more about the Cymbalta Promise program and to enroll, visit our website at www.cymbaltapromise.com or call 1-877-CYMBALTA.

Cymbalta is a prescription medication approved for the treatment of depression.



Partnership for
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

DD CON-A ISI 10NOV10

Important Safety Information About Cymbalta **The most important information you should know about Cymbalta:**


Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. **Do not take Cymbalta if you:**

- have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol use



Introducing the Cymbalta Promise program.



Try Cymbalta for up to 60 days.
If you and your doctor are not satisfied, you'll get your money back.

Talk to your doctor and visit www.cymbaltapromise.com.

Restrictions apply; see terms and conditions below.

Important Safety Information (continued)

- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.



Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions.

You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI

- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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AYSO is a child-first and child focused soccer organization with happy, healthy kids as our passion. AYSO's child-first approach makes it one of the finest player development programs. Register your child today! Registration dates vary.



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MohawkFlooring.com/Sale

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Visit Myrtle Beach, South Carolina for **MayFest as presented by Family Circle**, a month of festivities marked by star appearances from Nickelodeon™ and Disney™ shows like *iCarly*, *Victorious*, *Wizards of Waverly Place*, *Sonny with a Chance* and more. Throughout the month, there will be amazing concerts, delicious food and incredible entertainment for all ages, along with a variety of special hotel deals. An affordable, family-friendly destination, Myrtle Beach is home to 60 miles of beautiful beaches and easily reached by car and a variety of direct flights.

FOR MORE INFORMATION, VISIT MyrtleBeachMayFest.com.



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It's time to get real
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in your coffee



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Getting real—All-natural flavors in coffee

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Delicious real dairy creamer for lactose-intolerant coffee lovers

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Creamer from nondairy cows

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Lactose-intolerant people stuck with nothing but fake dairy creamers

Now everybody can get IN with the real stuff and OUT with the artificial.

Enter to WIN!

Visit FamilyCircle.com/lacremesweeps to enter the "Real Perks" sweepstakes for the chance to win one (1) prize package consisting of an automatic coffeemaker valued at \$200, a set of 4 coffee cups valued at \$50, and gourmet coffee valued at \$50!



No purchase necessary to enter or win. Subject to Official Rules and entry at www.FamilyCircle.com/lacremesweeps. The Real Perks Sweepstakes begins 3/1/11 and ends 4/15/11. Entries must be received by 11:59 p.m., E.T. on 4/15/11. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid email address per day. Void where prohibited.



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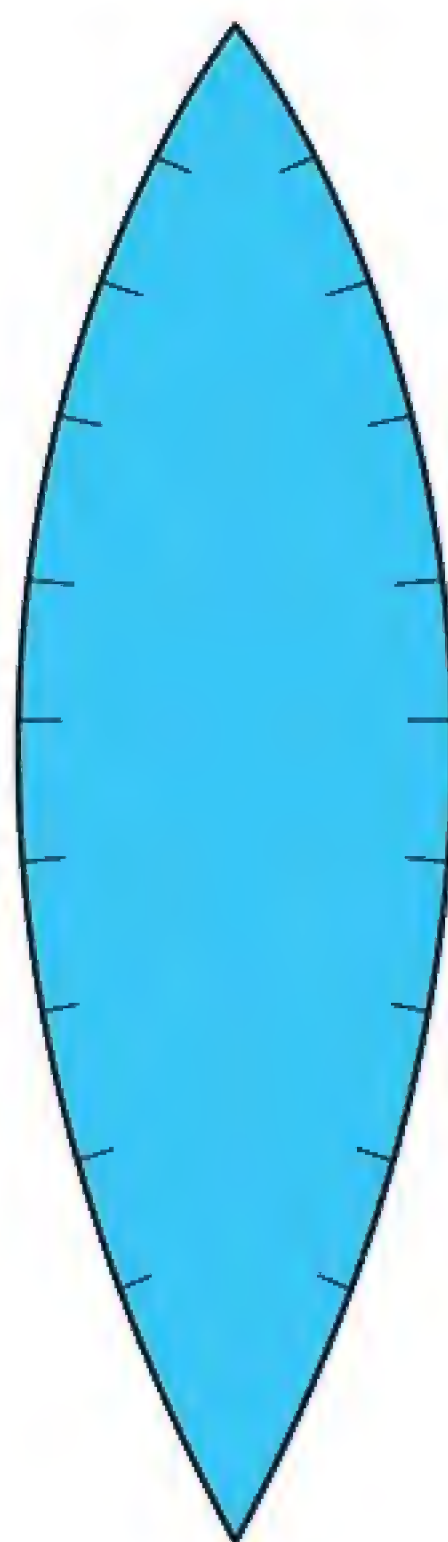
Receive up to **\$300 off**
on select Mohawk® carpet. Visit
MohawkFlooring.com/Sale
to get your coupon and
find a retailer today.



how to make wreath & initial designs



FULL CIRCLE (page 24) » Trace egg template (below) on back of origami paper until it is covered. Cut out; make slits along edges. Adhere to eggs.



LETTER PERFECT (page 23) » Pick a fun font from your computer. Enlarge desired initial to at least 150 points. Bold it and print out on regular paper. Cut, leaving about 1" white space around the letter. Apply dabs of white glue around the white space on the back of the paper. Place paper letter-side up on top of a piece of origami paper (patterned- or color-side up). With fine-tip scissors, cut out the letter, including any interior parts. Remove top layer of paper to reveal origami layer underneath. Apply glue to back of origami letter and affix to egg. Repeat for all desired initials. Place an egg in shredded-paper "nest" on each guest's plate.

*For the wreath, work
with plastic eggs.
For other crafts, use
hard-boiled eggs,
or ceramic ones
that you can display
year after year.*

FamilyCircle.com

For more elegant egg-decorating ideas,
go to familycircle.com/eastercrafts

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IT'S SMARTSTRAND.

SmartStrand™ with DuPont™ Sorona® is a whole new kind of carpet. That's because it's made from a completely new kind of fiber called Triexta. Every strand has stain protection engineered into it, so it never wears or washes off. Imagine, carpet that gives you a lifetime of stain protection, and that's soft and durable, too. No wonder 9 out of 10 SmartStrand owners love it so much they'd buy it again. Learn more about this extraordinary carpet at MohawkFlooring.com/SmartStrand.

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SmartStrand
with DuPont™ Sorona® renewably sourced™ only carpet

CLEAR the CLUTTER

Top tips for organizing from our Motherboard moms!*

★ MOM TIP

Don't let things get out of control. The minute you can't find something where it should be, it's time to tidy up.

—Sofia G., Florida

EXPERT TAKE ♦ “Organizing as you go makes your week less stressful,” agrees professional organizer Lea Schneider of OrganizeRightNow.com. “A daily routine of picking up eliminates mess and chaos.”

★ MOM TIP

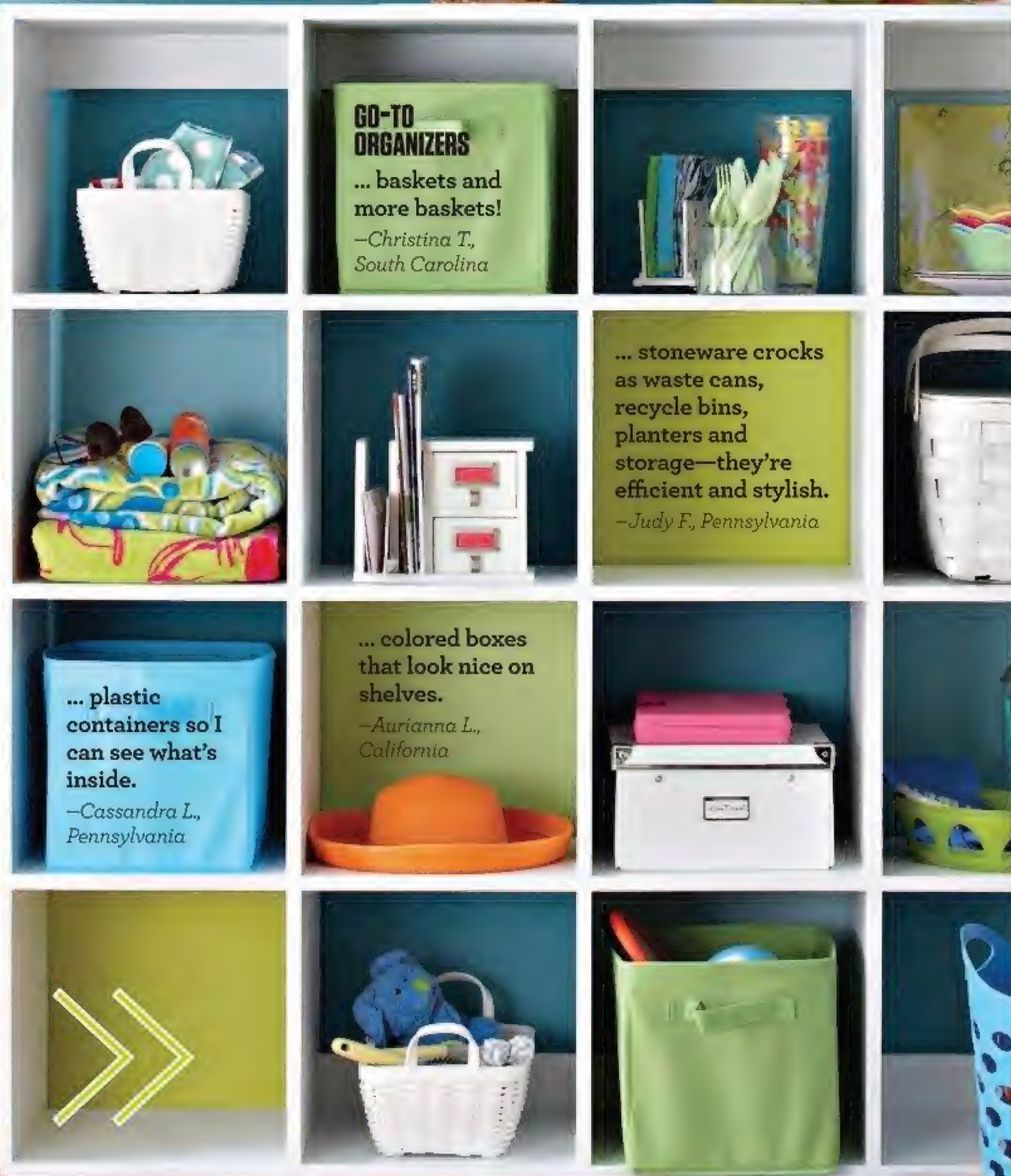
Avoid displaying too many knickknacks. They always need to be dusted and make a room look cluttered. —Wendy K., Ohio

EXPERT TAKE ♦ Be selective with accessories, says Schneider. “Group a few items together, then balance the arrangement with empty space to draw a visitor’s focus to the special collection.”

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Evelyn Kelley
Parkersburg, WV
Family Finance Manager,
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Mother of Two



**BETTER HOMES AND GARDENS™
FULL/QUEEN SIZE QUILT,
SHAMS & TOTE**

*"This is the quilt that
makes every other
quilt in the world
feel uncolorful."*

24⁰⁰



**BETTER HOMES
AND GARDENS™
PICTURE FRAME**

5⁰⁰

**LINZER PRO IMPACT™
PAINT BRUSH**

8⁹⁷



**FROGTAPE®
PAINTING TAPE**

5⁴⁷

**BETTER HOMES AND
GARDENS™ 1 HAND TOWEL
AND 2 WASHCLOTH SET**

7⁰⁰

*"Do you think it's a problem
that I won't want anyone
to wipe their hands on them?"*

**BETTER HOMES AND GARDENS™ INTERIOR
PREMIUM PAINT FLAT, GALLON**

16⁶²

*"Somebody - and I'm not naming
names - drew on the trim with a marker."*



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❖ MOM TIP

Recycle, repurpose or regift items you don't use. —Lisa F., New Jersey

◆ EXPERT TAKE

Donate unwanted objects to a thrift shop or local charity; everyone benefits. At home, designate one shelf for items you plan to regift. "Leave sticky notes and a pen nearby to label presents with the date and giver's name to avoid embarrassing regifting mistakes," Schneider says.

"The love came from the person who gave you the gift, not from the actual sweater or gadget," Schneider says. "You've received and enjoyed the kind thoughts, so let the object go."

❖ MOM TIP

Clean or organize the worst room first—it will get easier from there! —Crystal M., South Carolina

◆ EXPERT TAKE "If you hit the toughest area when your energy level is at its peak, everything else will seem easier after that job," says Schneider.

❖ MOM TIP

Spend a few minutes each week going through the never-ending pile of papers. —Roxanne K., New Jersey

◆ EXPERT TAKE

Recycle junk mail when you walk into the house and buy a decorative countertop file box to hold incoming papers, suggests Schneider. "Label file folder divisions 'Bills to Pay,'

'School Papers,' 'To Be Filed' so everything is already sorted when you want to do paperwork." As for old magazines or other reading materials, store them in a shallow container and weed out the oldest issues when it gets full.



❖ MOM TIP

After making a main to-do list, break it up into daily to-do's to give yourself a sense of accomplishment. —Kristie C., Illinois

◆ EXPERT TAKE

Pinpoint times in your busy schedule to fit in chores, says Schneider. Pull out your calendar and match your to-do-list tasks with available time slots.

❖ MOM TIP

Try not to get overwhelmed. Break up your projects into small pieces. —Dana C., Ohio

◆ EXPERT TAKE

When organizing fails, it's usually because of unrealistic expectations, says Schneider. "If you're working on your closet, for example, tackle shoes one day, purses another and summer gear third to keep it manageable."

❖ MOM TIP

If you haven't used something in a year, throw it out. Don't feel bad if it's a gift someone gave you. —Laurel G., California

◆ EXPERT TAKE

"An item has value only if you benefit from it; otherwise it's clutter," says Schneider. "If you haven't used it in a year, name a specific occasion when you will need it, or get rid of it." And don't feel bad about tossing old gifts.



works for me!

I tackle one room or area at a time. Like my husband says, "It didn't get this way overnight—it's going to take some time to get it how you want it!" —Kathy R., Texas

We stopped buying so much stuff! —Alicia M., Michigan

I give everyone two garbage bags that must be filled—one with junk to toss and one for items to donate. Then I send them into their rooms! —Sofia G., Florida

I ask my son to go through his toys and papers that have piled up. I give him a say in what special things he wants to save. He's more willing to throw things out when it's his choice. —Roxanne K., New Jersey

After spending the day cleaning, our family has a fun contest. We put on white gloves and rate how well we did picking up. The winner gets to choose the night's movie—and I make any dessert he wants. —Laura E., Mississippi



You hope to fit into that dress again... well, maybe someday. But before deciding to keep it, ask yourself these three important questions, suggests Schneider.

- ▶ Did it ever fit well?
- ▶ Is it still in style?
- ▶ Can you think of an occasion to wear it?

Save only the clothes that meet those criteria—but don't store in your closet. Put them in a box and label it with the date. If you come across it a year later and haven't changed sizes, it's time to let the stuff go.

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- The Peyton, Arkansas, NC



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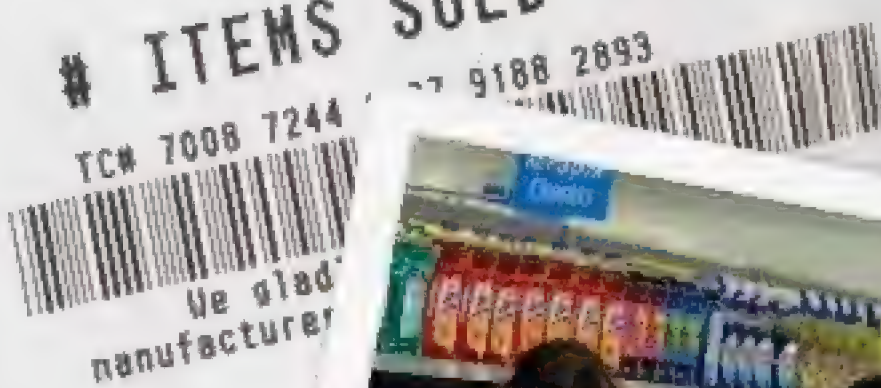


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TOTAL	94.55 X

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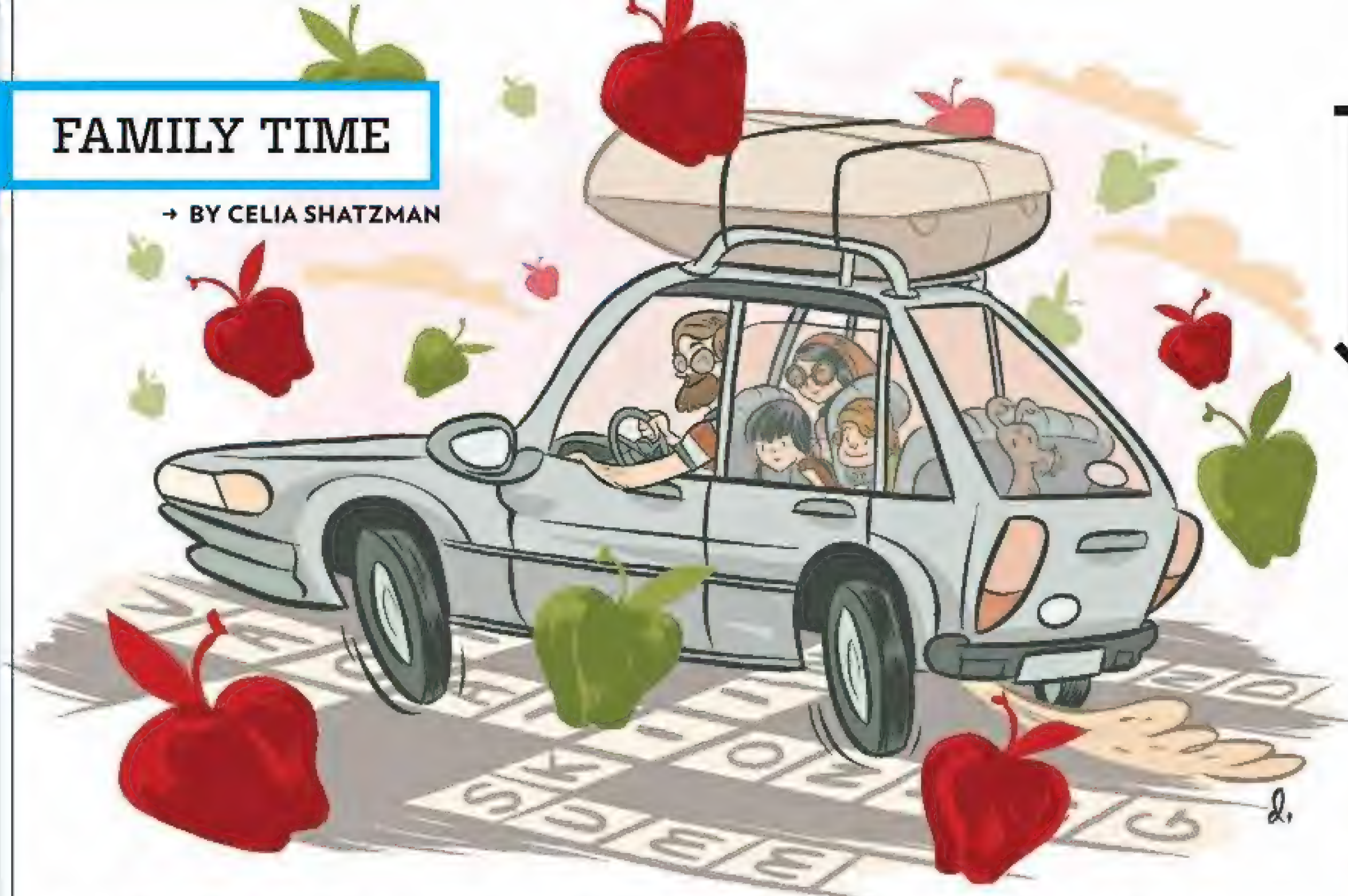
Photo: Beau Lark/Corbis.

Good Seeds

Celebrate Earth Day on April 22—and give back with your family in a fresh way—by taking part in the United Nations' Billion Tree Campaign. Join participants from 170 countries across the globe to raise awareness of the importance of biodiversity. Since the initiative started in 2009, more than 10 billion trees have been planted. Learn more about the mission and pledge to plant a tree by visiting unep.org/billiontreecampaign.

FAMILY TIME

→ BY CELIA SHATZMAN



WHERE THE WILD THINGS ARE

Raise your eco-awareness this Earth Day by seeing a movie—one is in theaters, the others are ready to rent.



BIG SCREEN

Born to Be Wild 3D, the newest Morgan Freeman-narrated animal documentary, hits IMAX theaters April 8. It tells real-life stories of the inspiring individuals who rescue and raise orphaned elephants and orangutans. You can help by fostering an elephant, from \$50 a year at sheldrickwildlifetrust.org, or an orangutan, for \$95 at orangutan.org.

SMALL SCREEN

Planet Earth

The 11-episode Discovery Channel series focuses on the diversity of different habitats.

An Inconvenient Truth

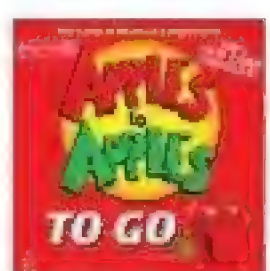
Al Gore's fascinating film was instrumental in turning the conversation to global warming.

Oceans

DisneyNature pulled out all the stops with this breathtaking and intimate look at the world's five oceans and the animals that inhabit them.

FOR YOUR ENTERTAINMENT

Give the iPods and portable DVD players some downtime while road-tripping this spring break with these travel game picks.



Apples to Apples to Go

This portable version of the classic party game requires

players to get creative as they try to convince the judge to choose their answer. Target.com, \$15



Would You Rather...?

Decide which is the best option out of two bizarre scenarios. With 160 cards, the play can

last for hours as the miles fly by. Amazon.com, \$13



Zip-It

The latest word game from the creators of Bananagrams comes with 24 cubes. The first player to make a crossword with his 12

cubes wins the round. Bananagrams.com, \$15

\$1 Billion

That's how much college students spend each year on spring break trips—while parents are home worrying about them. Mix fun with good deeds on group getaways for your kid through Habitat for Humanity (habitat.org) or i-to-i (i-to-i.com) volunteer vacations. —Taylor Chang

THE KICKER

There's no bench-warming or bad attitudes allowed in the American Youth Soccer Organization (AYSO). Players don't just develop soccer skills, they also learn teamwork, decision making and strategic thinking through AYSO's "everyone plays" philosophy. Visit ayso.org to find a program near you.

GAIN & GIVE



Since 2007 Freerice.com—a nonprofit site run by the United Nations World Food Programme—has been putting the word-smarts of its players to the test while donating 10 grains of rice for each correct answer. It has fed more than 4.2 million people in need from countries worldwide. The new Freerice 2.0 introduces other subjects like art, chemistry, math and geography. Its social networking approach brings players together to spread the word and to encourage others to join in. The program has also gone mobile with iPhone and iPad apps. —T.C.



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Learn ways to help your kid succeed in school.



3 tips for test readiness

By Martha Brockenbrough

The worst part about taking tests isn't the tests themselves—it's the anxious feeling you get when you have a test coming and don't know how to prepare. But with the right preparation, your kids can go confidently to school with a No. 2 pencil in hand.

Step 1: Get time on your side

The time to start studying is the day the teacher puts it on the calendar. It's like sports this way — they don't save all their practice up for the night before the game. Nightly practice is key.

Help your child break down the material on the test by segmenting it into manageable chunks, and put the short, nightly review sessions on the calendar.

Step 2: Ready your mind

Anxiety is academic kryptonite, sapping your child's academic superpowers. Many state standardized tests have practice versions online. Taking a practice test can help give anxiety the boot.

Your support makes a difference. Let your kids know you have high expectations and confidence, but that it's OK to make mistakes.

Then, on test day, remind your kids to think strategically. If they get stuck, they should tell themselves, "It's OK. I'll figure it out later." Chances are, they will.

Step 3: Take care of your body

Kids are set up to perform better with full bellies and rested bodies. Even if they don't feel hungry, they need to eat breakfast and pack a snack to eat during their morning break.

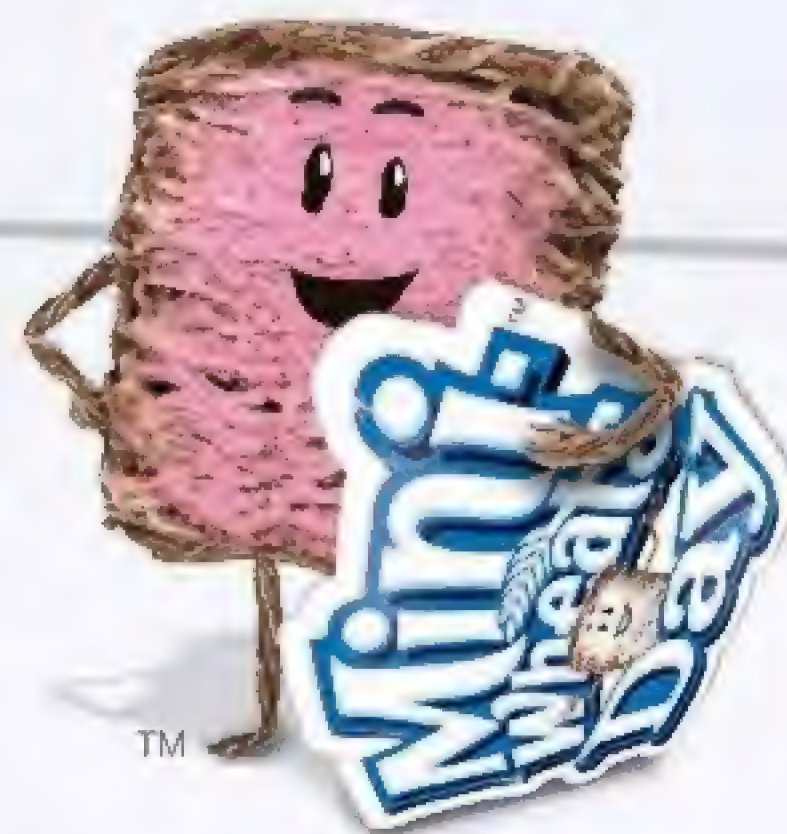
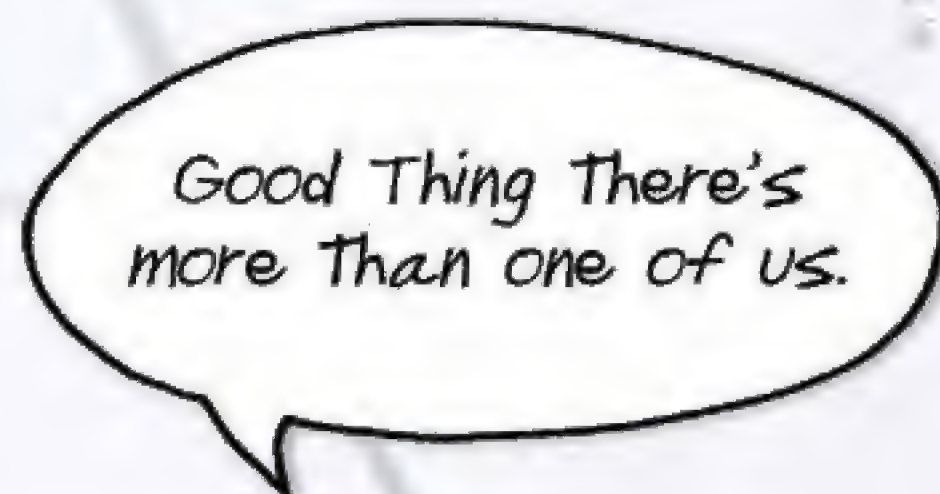
Deep breaths are key, too. This makes sure their brains get much-needed oxygen, which helps keep nerves in check.

With good preparation, your kids will do just fine — and next time around, they might even look forward to another chance to show what they know.

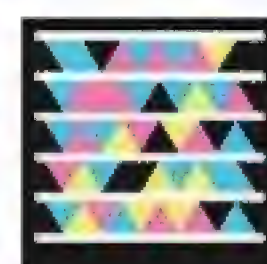
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MY HOMETOWN

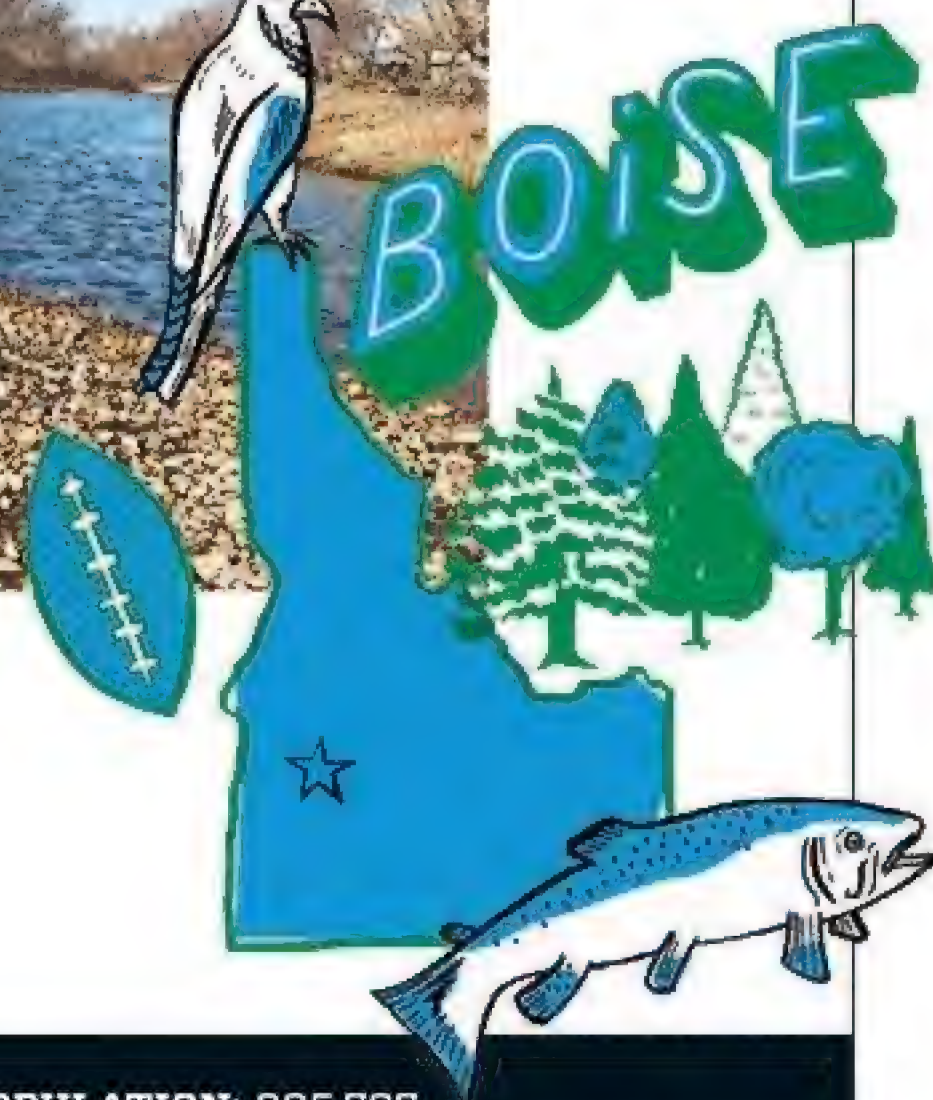
→ BY CAREN OPPENHEIM



The Miller family: Kerrylyn with sons, Ty, 12, and Chase, 10.



Boise River



Downtown Boise

POPULATION: 205,707

LOCALS LOVE: The World Center for Birds of Prey, where nearly 200 falcons and condors are housed for breeding, then released into the wild. Visitors can take tours and check out the interactive exhibits.

Boise, ID

Dubbed the City of Trees, Boise is also known for its historic 19th-century prison, the now legendary blue turf at Bronco Stadium and its eponymous river.

I was born and raised in Canada and attended Montana State University. I started working in nearby Billings, where I met the boys' dad. When he was offered a job in Boise, we visited and found ourselves in awe of the city's energy and culture, so we moved there. Even after the divorce, neither of us wanted to leave, which turned out great for our sons.

Ty and Chase are both active, so we're constantly outdoors. Our house is a five-minute walk from the **Boise foothills**. You can climb trails to see a spectacular view of the entire city. The kids also love camping with their dad there and fishing for trout in the **Boise River**. Chase recently went on a bird hunt with a group of fathers and sons, and brought home a pheasant—impressive for a first-timer!

It can be challenging raising two boys who have such different interests, yet we find endless opportunities for both of them here. Chase is super-competitive and a huge sports fanatic. He plays soccer and follows football religiously. **Boise State University** is right here in town, so all three of us go to the basketball and football games. The school's **Bronco**

Stadium is famous for its unique blue playing surface (a team color), nicknamed **Smurf Turf**!

Ty, on the other hand, loves singing and acting with the **Starlight Mountain Theatre**, a community group north of here in Garden Valley. The company performs in a gorgeous outdoor arena that sits on 18 acres and the bank of a river. It's not unusual to see wildlife during a show—deer once wandered behind the stage and the actors incorporated them into the play.

A unique attraction in town is the **Old Idaho Penitentiary**, which was built in 1870 and served as an active prison until 1973. Tours of the site, which is listed on the National Register of Historic Places, are fascinating. There are exhibits on the history of prison tattoos and the evolution of weapons. It's an eye-opening experience that's a must for any visitor.

Even though we live only about 10 minutes from the center of town, we stay at a hotel for the weekend at least once a year to enjoy everything the city has to offer. It's a fun treat for the boys to play tourist—we park the car, walk around and see things from a different perspective. ●

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to hometown@familycircle.com.

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LAST DANCE

Think back to your prom. It was probably held in the gym. You may have kissed a boy at the end of the night. Your parents stayed up until you got home and, most likely, you slept in your own bed. These days the night doesn't end with the final slow song. High-pressure social situations, loaded expectations and raging after-parties are just some of the issues teens—and parents—face. Moms, this is not the prom you remember. **BY BETH HARPAZ**

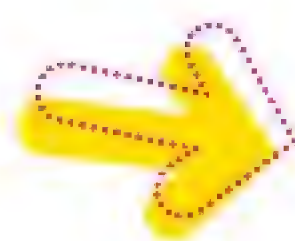
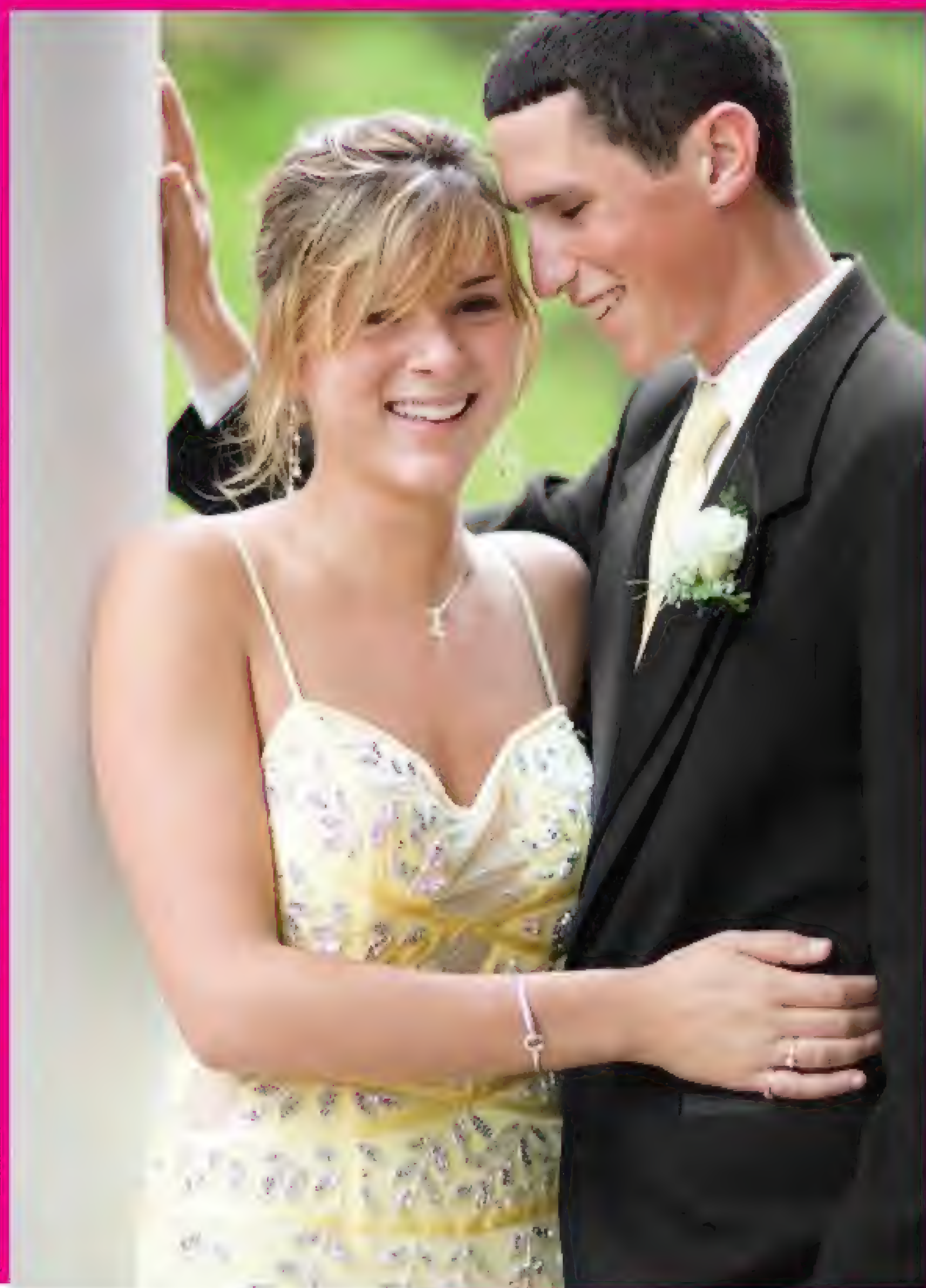


OH, WHAT A NIGHT

Prom has always been the stuff of which teenage dreams are made. And while the excitement surrounding the occasion is nothing new, it's amped up like never before. Hundreds of phone calls and thousands of texts are exchanged in the months leading up to the event. Photos of gowns are posted on Facebook, and entire websites are devoted to finding the perfect dress or hairstyle.

To parents, the obsessive planning and grandiose expectations can seem over-the-top and out-of-control. But the emotional buildup is an inherent part of prom, one of our culture's few remaining rites of passage, says David Sabine, a clinical psychologist in Wichita Falls, Texas. "It's about teens moving from childhood to adulthood," he says. "They get to act like adults: dress up, ride in limos and go to nice restaurants."

Kids may be counting down the hours to prom, but it's a bittersweet occasion for parents, seeing their children on the threshold of adulthood. "They share in the joy, but they also realize it won't be long before their kids will be leading their own lives," Sabine says. "Tensions rise because kids are trying to assert their independence while parents want to keep them safe by imposing rules." Suddenly everything becomes a conflict: budget, curfew and post-prom plans.



PUSHING THE LIMITS

While there's been an overall decline in teen alcohol use in recent years, prom night can be a game changer, even for kids who wouldn't normally drink. Think of prom as a teen's version of a trip to Vegas—everyday rules don't apply—and some students consider alcohol a standard part of the end-of-year celebration.

In light of this, parents, schools and police have been working together to keep kids sober and out of harm's way. Kids may be greeted at the event's entrance by Breathalyzers, security wands and bag searches to deter alcohol or drug use or possession. Some schools institute lockdown policies that prohibit teens from leaving until the event is over to ensure constant supervision. Last year in upstate New York a school held its junior and senior proms on Wednesday night and Sunday night and required next-day attendance to keep kids from indulging.

But teens still find ways to party, whether it's "pre-gaming" by drinking alcohol beforehand or sneaking in bottles or flasks that go undetected during bag check. Even Breathalyzer tests aren't a guarantee that drinking won't occur as the night goes on. In 2009 a Boston-area senior crashed his car while driving home the morning after prom, killing a woman. The prom had Breathalyzers at the door, but the dance was followed by an overnight cruise. During the night the student managed to consume numerous beers, police said. And last year an intoxicated Ohio high school senior was arrested and charged with assaulting a police officer at the dance.

post-party roundup

Surprisingly, many parents seem to think it's okay to let their teens run wild on prom night. They figure they'll soon be off to college anyhow—and may choose to look the other way when kids head to hotel rooms with booze-filled mini bars. It's also common for a group of teens to go to the beach or drive to the mountains and spend the weekend in a house rented by parents of one of the students.

And kids aren't the only ones to feel prom-time peer pressure. Parents may be coerced by other adults to allow their kids to have as much fun as possible, and no one wants to be the mom who's "ruining her kid's life."

Ultimately, it's up to you—even if your teen is 18. It's okay to forbid after-parties that make you feel uncomfortable, says Sabine—as long as you express the difficulty of the decision. Say, "I want you to have fun, but I'm concerned about a few risks. I need you to agree not to do X or Y in order to stay safe."

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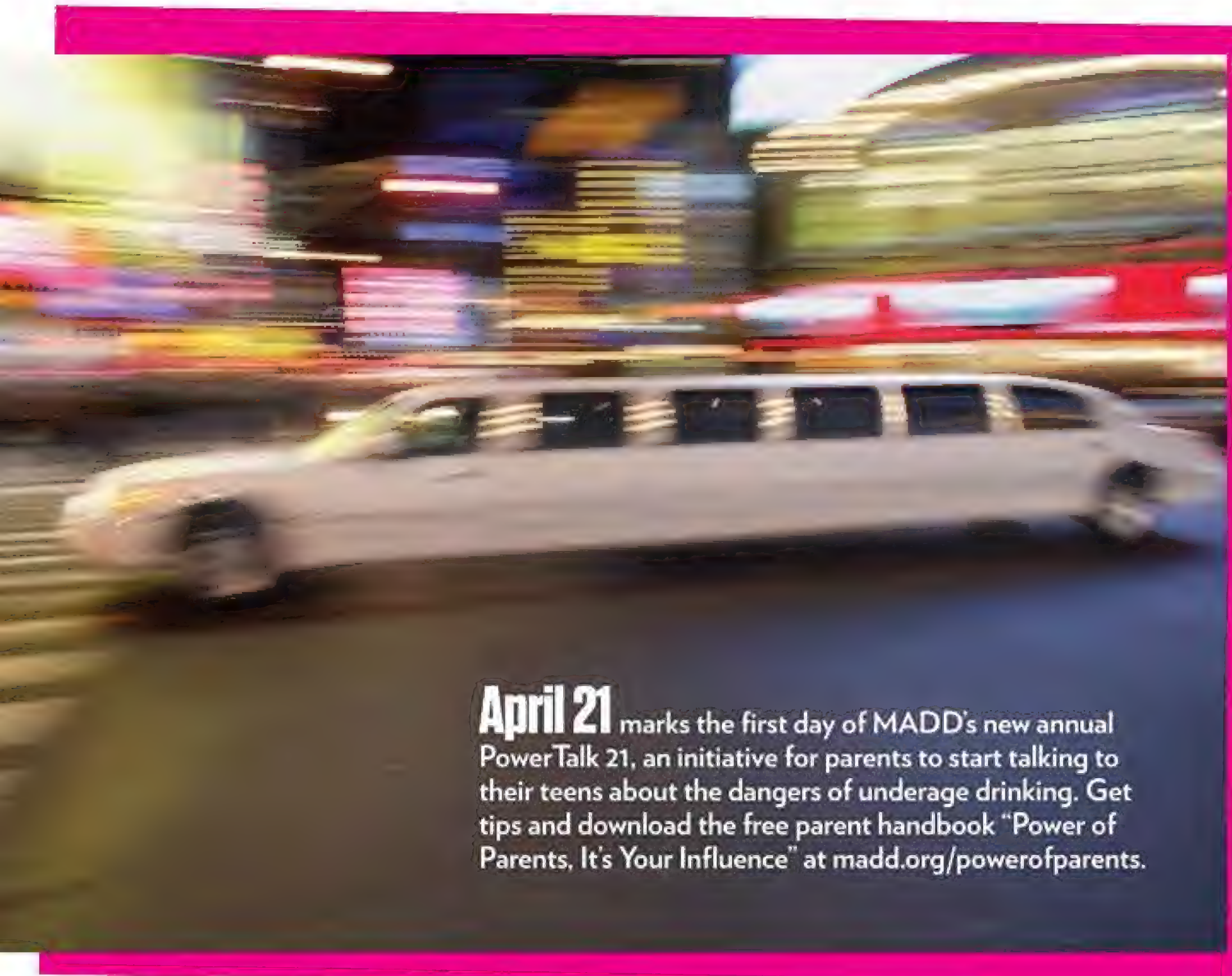
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April 21 marks the first day of MADD's new annual PowerTalk 21, an initiative for parents to start talking to their teens about the dangers of underage drinking. Get tips and download the free parent handbook "Power of Parents, It's Your Influence" at madd.org/powerofparents.

UNDER THE INFLUENCE

Parents have the most impact when it comes to a teen's decision to use alcohol, so talk early and often about underage drinking prevention, says MADD National President Laura Dean-Mooney. Her tips can help ensure prom night stays memorable for the right reasons.

- ▶ Don't assume your kid is "too good" to drink. Even well-behaved teens can succumb to peer pressure.
- ▶ Do find a time when your teen is willing and able to talk and listen. He shouldn't be tired, hungry or upset—or he won't be able to pay attention to what you are saying.
- ▶ Don't lecture. Avoid judgment statements like, "It's terrible for kids to get drunk" or "I would be so mad if you drank on prom night." This will make your teen defensive and put an end to the conversation.
- ▶ Do use open-ended questions like, "Do you know kids who drink?" Also ask about those who don't. Teens often have the wrong impression of how others behave; four out of five don't binge drink.
- ▶ Don't agree to host an after-party with alcohol in your home. It is against the law and most states will hold you liable for serving

underage kids. Plus, it sets a bad precedent—your kid may think it's okay to drink another time because you permitted it on prom night.

- ▶ Do establish expectations, rules and consequences regarding alcohol. Tell your kid you don't want him drinking and agree on what will happen if he does. Emphasize that you care about him and want him to have fun in a safe way.
- ▶ Don't assume you know where your teen is going to be. Ask him to text you a few times.
- ▶ Do make sure your teen understands you'll pick her up if need be. If she calls to say she has been drinking, get her and leave the consequences for the next morning.
- ▶ Don't think taking the car keys eliminates risk. Being in a limo or party bus doesn't remove all danger. Drinking on prom night has been linked to sexual assault, drowning and falling from balconies.

HOOKING UP

The mythologized romance of prom has tempted teens to lose their virginity as a way of making the night that much more special. Set the record straight with your kid: While it may seem like everyone is doing it, only 46% of high school students say they have had sex. Many kids choose to attend prom in groups, which may lead to less one-on-one time and the pressure that goes with it. Still, the risk exists that your teen may be sexually active that night. Here's how to deglamorize the situation, according to Paula Hillard, M.D., chief of the division of gynecologic specialties at Stanford School of Medicine in California.

- Don't limit your discussion to one big talk about prom-night sex. Have countless ongoing discussions about your values and beliefs.
- Speak honestly, show respect and listen to your kid's views.
- It's not always realistic just to tell your teen not to have sex. Instead, encourage her to think carefully about the repercussions of her actions and decisions. Talk with your teen about being physically and mentally prepared for sex and any potential consequences, like STDs and pregnancy. Discuss methods of protection and how she can get them.
- Ask questions like, "What do you think would happen if you were to get pregnant?" or "How would you feel if the person you had sex with didn't call you the next day?"
- Know who your kid spends time with to get a better sense of whether his friends are risk-takers.
- If you allow your teen to attend a post-prom party, call the host's parents to find out who will be supervising. Ask the parents if they will be there the entire night and how they plan to prevent teens' access to alcohol or drugs.

FamilyCircle.com

Don't be left out of your teen's prom-prep. Visit familycircle.com/prom to find affordable dress and tux ideas plus DIY hairstyles for the big night.

THE POTTY

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8 STEPS TO PAYING OFF CREDIT CARD DEBT

Let this year's tax season be a financial wake-up call—now's the time to implement your own personal bailout plan to pay off credit cards. Clarky Davis, aka "The Debt Diva," shares her step-by-step tips for getting to a zero balance.

BY CELIA SHATZMAN

1 KNOW WHAT YOU OWE. Before you can start strategizing, tally up all of your debts and examine your financial situation. "Many money blunders occur when you are not engaged with your finances," says debt management expert Clarky Davis. Complete the big picture by getting details, such as your credit card's annual percentage rate (APR), and determining if you are behind on any bills or have outstanding late fees.

2 SLASH SPENDING. Changing habits is a must to achieve that zero balance. The first step is setting a family budget so that you can cover cost of living expenses while avoiding using a credit card. Record every single transaction in a journal for a month to see exactly where your dough is going. Decide which expenses must be paid each month—like a mortgage, car payments and utility bills—and



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»» The average credit card debt for households that carry a balance is \$15,788.

find ways to reduce extras like cable TV, cell phones, eating out and travel. After cutting those, put all extra disposable income toward your credit card bill.

3 PAY IT DOWN. Contact your creditor to negotiate a lower interest rate on all of your credit cards. When you're ready to start putting extra cash toward your debts—even just \$5 more than the minimum required monthly payments helps—focus on paying off the card with the highest interest rate first. Once that card is at a zero balance, take the monthly amount you were paying and apply that to the credit card with the next highest interest rate. This tactic guarantees you will spend less money on interest and pay off your debts faster.

4 KEEP YOUR CREDIT IN CHECK. Remove all credit cards from your wallet and keep them at home in a safe place. "Having easy access to credit can be too tempting for those of us who tend to make unplanned purchases. Credit cards should be used only in emergencies," says Davis, "not for a trip to the mall with your kids."

5 DITCH THE DEBIT. Debit cards are often easier to carry

than cash, but then you run the risk of overdrawing your account and getting stuck with hefty bank fees. If tracking spending is a challenge, opt for a prepaid card instead. Those are typically tied to a savings account rather than a checking, so you can spend only the amount in your account; when you are about to overdraw, the transaction is denied and you won't get hit with any penalties.

6 GO AUTOMATIC. By enrolling in automatic payment programs for all of your bills, you'll prevent missed payments and late fees, which can lead to negative marks on your credit score. Just remember to check your statements every month to make sure you can account for all of the charges.

7 TRACK YOUR SCORE. Check your credit score at least twice a year—use different bureaus to take advantage of free offerings. Scan the report carefully for mistakes every time. "Understanding your credit report will help you see where you've been tripping up," says Davis. "You'll learn to get into better payment habits, reduce your debt-to-available-credit ratio and cancel dormant cards."

8 ASK FOR HELP. If you can't afford the minimum payments and are consistently late with the bills, it may be time to consider getting professional financial assistance. Be sure to do your research and find a reputable organization; look for a provider licensed by the state it resides in and accredited by the Better Business Bureau. "By seeking support from a debt management company," says Davis, "consumers can take advantage of better repayment terms—like lower interest rates and waived late fees—offered by most creditors." ●

Make a Deal

Before you call your credit card company to request a lower rate, visit NegotiateMyRate.com. The free tool, created by DebtGoal.com, a personal debt management site, provides scripts for haggling with creditors, lists which companies are most willing to work with you and calculates how much you'd save at the lower rate. About half of NegotiateMyRate users lowered their interest rates, with an average reduction of 5.5%.

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the symptoms.*

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

Ask your healthcare provider



HELP RELIEVE AND RESTORE WHAT'S YOURS.

PAY NO MORE THAN \$15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

*Coupon will be accepted only at participating pharmacies. This coupon is not health insurance. Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. For questions, please call 1-877-264-2440 or write to McKesson Patient Relationship Solutions at P.O. Box 52090, Phoenix, AZ 85067-0900. ©2010 Pfizer Inc. All rights reserved. 10-0010



PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women age 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
 - Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream
1. Remove cap from tube.
 2. Screw nozzle end of applicator onto tube.
 3. Gently squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
 4. Unscrew applicator from tube.
 5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.



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What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Yellowing of the skin, eyes, or nail beds
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α -dihydroequilin, 17 α -estradiol, and 17 β -dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Memorable Results. Every Time.

**Brighten Up Any Recipe with
Holland House® Cooking Wine**

ADD A DASH OF SUNSHINE

GLAZED HAM WITH SHERRY-ORANGE DIJON SAUCE

Brown Sugar Glaze

- 5 lb. hickory smoked ham*
- 1/2 cup packed light brown sugar
- 2 Tbsp. Holland House® Sherry Cooking Wine

Sherry-Orange Dijon Sauce

- 1/2 cup packed light brown sugar
- 1 Tbsp. cornstarch
- 2 whole cloves
- dash ground nutmeg
- 2 Tbsp. Dijon-style mustard
- 1/2 cup Holland House® Sherry Cooking Wine
- 1/2 cup orange juice
- 1/3 cup golden raisins or dried cherries
- 1 tsp. grated orange peel (optional)

Preheat oven to 350° F. Place ham in a roasting pan. In a small bowl, stir together 1/2 cup brown sugar and 2 tablespoons Holland House® Sherry Cooking Wine. Brush half the glaze over the ham. Roast ham uncovered approximately 20 minutes per pound or until internal temperature is 160° F. See ham wrapper for precise cooking time and temperature; directions may vary. Brush remaining glaze over ham halfway through cooking time.

For Sherry-Orange Dijon Sauce, combine 1/2 cup brown sugar, cornstarch, cloves and nutmeg in a 1-quart saucepan. Stir to remove lumps. Stir in mustard until mixture is a smooth paste. Gradually stir in Holland House® Sherry Cooking Wine and orange juice. Add raisins.

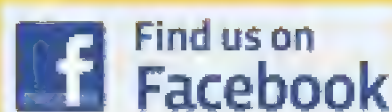
Cook sauce over medium-high heat, stirring frequently, until mixture boils. Reduce heat and boil gently 3 to 5 minutes. Serve sauce with sliced ham.

Serves 8

* Notes: For an 8-10 pound ham, double the ingredients for the glaze and sauce. Sherry-Orange Dijon Sauce may be made a day ahead and refrigerated; reheat before serving.

Holland House® Cooking Wine is also available in White, Marsala, Red, Vermouth and White with Lemon flavor.

Go to www.mizkan.com and click on "Holland House Offer" for a FREE downloadable recipe booklet and coupon.





STYLE

→ BEAUTY NEWS → FASHION TRENDS → BEST PRODUCTS

Photo: Scope Beauty/Aura/Lorenzo Mazzega.

The Full Effect

Gone are the days of sparse arches—women are embracing natural beauty, which translates to a more-filled-out, low-maintenance eyebrow. “Don’t focus on changing your width,” suggests Boom Boom, owner of Boom Boom Brow Bar in NYC. “Instead, just clean up strays along the top and bottom. If your brows are thin, a gel can help set the hairs, making them appear fuller.” We love Vanitymark’s Brow Glazes, which come in clear and tinted versions.

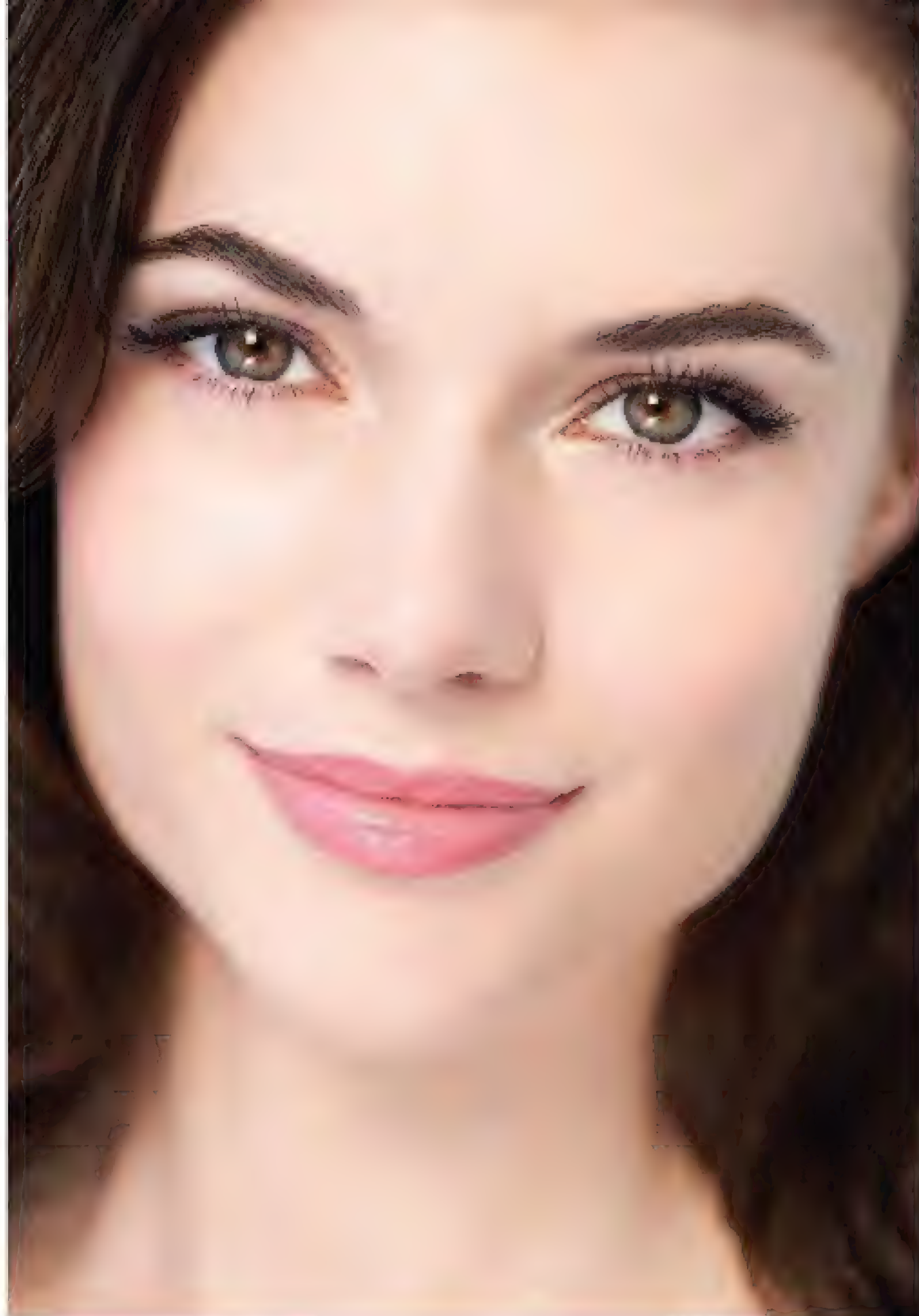
STYLE NEWS

→ BY DORI KATZ

next to NOTHING

Truth be told, the “no makeup look” does require just a little product. Makeup artist Emily Kate Warren reveals her personal cheat sheet for how to get this no fuss, fresh face.

- ➔ **1** Start with a color-correcting primer. Apply a thin layer all over to smooth out skin and get a perfect, even tone.
- ➔ **2** Dab a drop of foundation mixed with concealer on blemishes and under-eye circles.
- ➔ **3** Swipe on a tinted lip balm in a shade close to your lip color. You can also gently dot it over your cheeks for a slight flush.
- ➔ **4** Curl your top lashes and add a light coat of mascara to complete this soft, pretty style.



KEEPER OF THE FLAME

This Earth Day, go green with Ecoya's natural, planet-friendly products. A-lister and mom of two Naomi Watts is a fan of the Natural Soy Metro Glass Jar Candle in Wild Frangipani, a flower that grows in her home country of Australia.



.....
Glass Jar Candle, candelidellirium.com, \$29

waste not Get more bang for your beauty bucks with Dr. Hauschka's new Tube Wringer, \$16. It squeezes out the hard-to-get-to last drops of your moisturizer, toothpaste and more.

DREAM WEAVER

Iconic textile designer and artist John Robshaw brings his cult status to Lucky Brand for spring 2011. Robshaw's coveted take on traditional block prints is inspired by centuries-old techniques, which he picked up in travels to places like India and Indonesia. His new collection weaves an exotic thread through Lucky's American boho sensibility. It's the perfect time to add a little souk to your look.

THE JOHN ROBSHAW FOR LUCKY COLLECTION,
luckybrand.com, Lucky Brand stores and major department stores, \$89-\$149

← Shirt and flats, John Robshaw for Lucky, \$89.50 and \$59





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PRETTY PIXIE

what's new → It's been texturized and roughed up to the max in salons and on runways: Now, this classic crop is the big makeover story of the year, going from super-funky to all-out feminine, says Cutler. It's soft and tailored to the face. (Think: Emma Watson's short style.) And contrary to what you may think, this do is a wearable style for almost anyone, according to Cutler. It's incredibly sexy and sophisticated—the antithesis of severe.

make it you → Small tweaks can tailor this cut to your unique face shape: Round faces benefit from keeping the length a bit longer around the nape. If you're more square, try bangs that sweep to the side; comb them so they lie flat and uniformly.

Dress, Milly. Earrings,
Stella & Dot.
All makeup by Avon.



making the

CUT

IF YOU'VE HAD THE SAME
LOOK FOR AS LONG AS YOU
CAN REMEMBER, IT'S TIME FOR
AN UPGRADE. CHECK OUT THE
FOUR HOTTEST HAIRCUTS FROM
NYC STYLIST TO THE STARS

RODNEY CUTLER.

BY ILANA BLITZER

photography by sonja pacho

A BETTER BOB

what's new → Unlike the graphic—and dramatic—interpretations of the past few years, the latest bob is more layered and intentionally disheveled. “There’s a bit more casualness to it—it’s fringy on the bottom,” says Cutler. Not too choppy, not too blunt.

make it you → This style is easy and flattering—go for a soft length that hits below your chin. Ask for a cut that’s more loosely graduated on the bottom, so it flips and moves, unlike the defined A-line shape that’s on the outs.

Dress, Megan Park. Earrings, Elva Fields. All makeup by Clinique.





A LONG STORY

what's new → Yes, long layers are always in, but keep them undone and rocker glam—not full and cascading. It's a younger, edgier style that all age groups can pull off, says Cutler.

make it you → Ask for a cut with layers that are deeper and tighter in the interior, says Cutler. Most of the intricacies of getting this look lie in the styling—so instead of clamping hair around the inside of a curling iron barrel as you usually do, wrap it around the outside, leaving the ends out so they stay straight, says Cutler. And vary the size of the sections for a tousled appearance.

Top, Iodice. Necklace, Megan Park. All makeup by The Body Shop.



THE BIG BANG

what's new → With more layers throughout, bangs are fuller and rounder, hitting close to the eyebrows. "It blurs the line between the longest bang and the shortest angled layer," says Cutler. This updated take doesn't lie flat—it should move and breathe as you do.

make it you → With a swingy style like this one, it's important to make sure the rest of your hair has layers—bangs should flow right into them. Bonus: They'll frame your face and spotlight cheekbones and eyes.

Top, Vivienne Tam. Earrings, R.J. Graziano. All makeup by Physician's Formula



PRETTY PIXIE

Blow-dry, then work a product like **Redken Power Tame 16 Intense Straightening Balm**, \$16, through hair, so it looks naturally shiny—not greasy, not matte.

.....

Movement is key to this style. Play up your texture with **Garnier Fructis Style Survivor Rough It Putty**, \$5. You don't want your hair to look stiff, so remember, a little goes a long way.



A LONG STORY

For all-day hold that feels soft, try **John Frieda Luxurious Volume Lavish Lift Root Booster**, \$6.50.

.....

To break up big curls and add definition, we like **Joico Gloss Wax**, \$18, for its smooth finish.



style file

CUT? CHECK! NOW LEARN DIY TRICKS TO KEEP YOUR NEW DO LOOKING GOOD EVERY DAY.



A BETTER BOB

You're not going for the pristine, polished edge with this cut—**Matrix Design Pulse Thermo Glide Express Blowout Crème**, \$14, will give you a textured look.

.....

Use a flat brush to create body at the roots and finish with **Pantene Pro-V Nature Fusion Smoothing Crème**, \$6; it protects strands and lends shine.



THE BIG BANG

Bangs get oily before the rest of your hair, so here, less product is more. Just spritz roots with a heat protector, such as **Cutler Specialist Protectant Treatment Spray**, \$21.

.....

Set with **Nexxus Comb Thru Natural Hold Design and Finishing Mist**, \$11. This mild spray won't stiffen strands.



The state of magazines is sticky, 43 minutes per issue sticky.

Media continue to proliferate. Attention spans continue to shrink. And free content is available everywhere, from the Internet to the insides of elevators.

Why then are 93% of American adults still so attached to magazines? Why do so many people, young and old, spend so much time with a medium that's paper and ink, a medium you actually have to pay for in order to read?

In a word, engagement. Reading a magazine remains a uniquely intimate and immersive experience. Not only is magazine readership up, readers spend an average of 43 minutes per issue.

Further, those 43 minutes of attention are typically undivided. Among all media—digital or analog—magazine readers are least likely to engage in another activity while reading. (Advertisers, take note.)

Stickiness. Another demonstration of the power of magazines.



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*vs ordinary, nonantibacterial toothpaste

†Colgate Total® toothpaste is approved through the New Drug Approval process to help prevent gingivitis. Not approved for the prevention or treatment of serious gum disease or other diseases. The ADA Council on Scientific Affairs' acceptance of Colgate Total® Gum Defense toothpaste is based on its finding that the product is effective in helping to prevent and reduce tooth decay, gingivitis and plaque above the gumline, and bad breath, and to whiten teeth by removing surface stains, when used as directed.



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American Diabetes Association.

HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS

Look Ahead

More than 60 million Americans are at risk of vision loss as they age—but most don't get an annual eye exam. This test can detect signs of eye diseases that may lead to blindness. People with high blood pressure, smokers and those with a family history of diabetes or eye disorders like macular degeneration have a greater chance of losing their sight, says Bruce Rosenthal, M.D., of Lighthouse International, a blindness-prevention organization. Adults should have a yearly eye exam beginning at 40.

HEALTH NEWS

→ BY CHRISTINE MATTHEIS

SPRING GREENING

Honor Earth Day (April 22) by adopting these good-for-the-planet habits—you'll automatically be eating healthier and exercising more.

BUY LOCALLY GROWN FOODS Conventional produce travels an average of 1,500 miles before reaching your home. Local goods spend less time on a truck, reducing carbon dioxide emissions. Additionally, the fruits and veggies are more nutrient-rich because they've had limited exposure to air, light and temperature fluctuations.

WALK MORE Walking a mile burns 100 calories, and for each one you don't drive, you'll prevent a pound of carbon dioxide from being emitted into the atmosphere.

LIMIT THE DRIVE-THRU Fast-food meals contain about 827 calories—and their packaging takes up 15% of landfills.



CHEERS TO BETTER HEALTH A drink during dinner may help you skip dessert. In a recent British study, participants who had a glass of wine with their meal felt fuller for longer and were less likely to eat dessert than those who drank water or tea. That's because alcohol slows digestion and causes food to stay in the stomach longer, say researchers. Just be sure to limit yourself to one glass of wine or light beer.

PILL TOSS

Twenty percent of high school students have abused prescription drugs—oftentimes taking meds that belonged to their parents or friends' parents. With misuse on the rise, it's essential to properly dispose of all unused prescriptions:

- ✓ **Bring them to a take-back program.**
For participating pharmacies, go to disposemy meds.com.
- ✓ **Mix the pills into coffee grounds or kitty litter.**
Then throw them away with the rest of your garbage in a tightly tied plastic bag.
- ✓ **Flush dangerous drugs down the toilet.**
This is the best option for meds that are especially dangerous if ingested accidentally, like Percocet and OxyContin. For a list of other drugs that should go down the drain, visit fda.gov.

Q+A

I heard that old silver dental fillings containing mercury should be replaced. Is this true?

No. While silver-colored fillings are composed of up to 50% mercury, the FDA recently concluded that the material is safe. In fact, replacing them would expose you to more mercury vapor than if you'd just left them alone, says Mary Tavares, D.M.D., a dental researcher who helped run the FDA study. If you need more fillings in the future, you could consider a mercury-free composite material, though it costs more and isn't always covered by insurance.



My Life:

I'm a Shop-a-holic fashionista.

My Lenses:

Photochromic, because I'm in and out all day.

My Lens Options:

An anti-reflective treatment.

My Frames:

EyeGlassGuide.com got me started and my optician did the rest.

My Look:

Designer, vintage inspired.



EyeGlassGuide.com/FC Turning eyeglasses into *my glasses*™



Brought to you by **Transitions**

→ BY CHRISTINE MATTHEIS

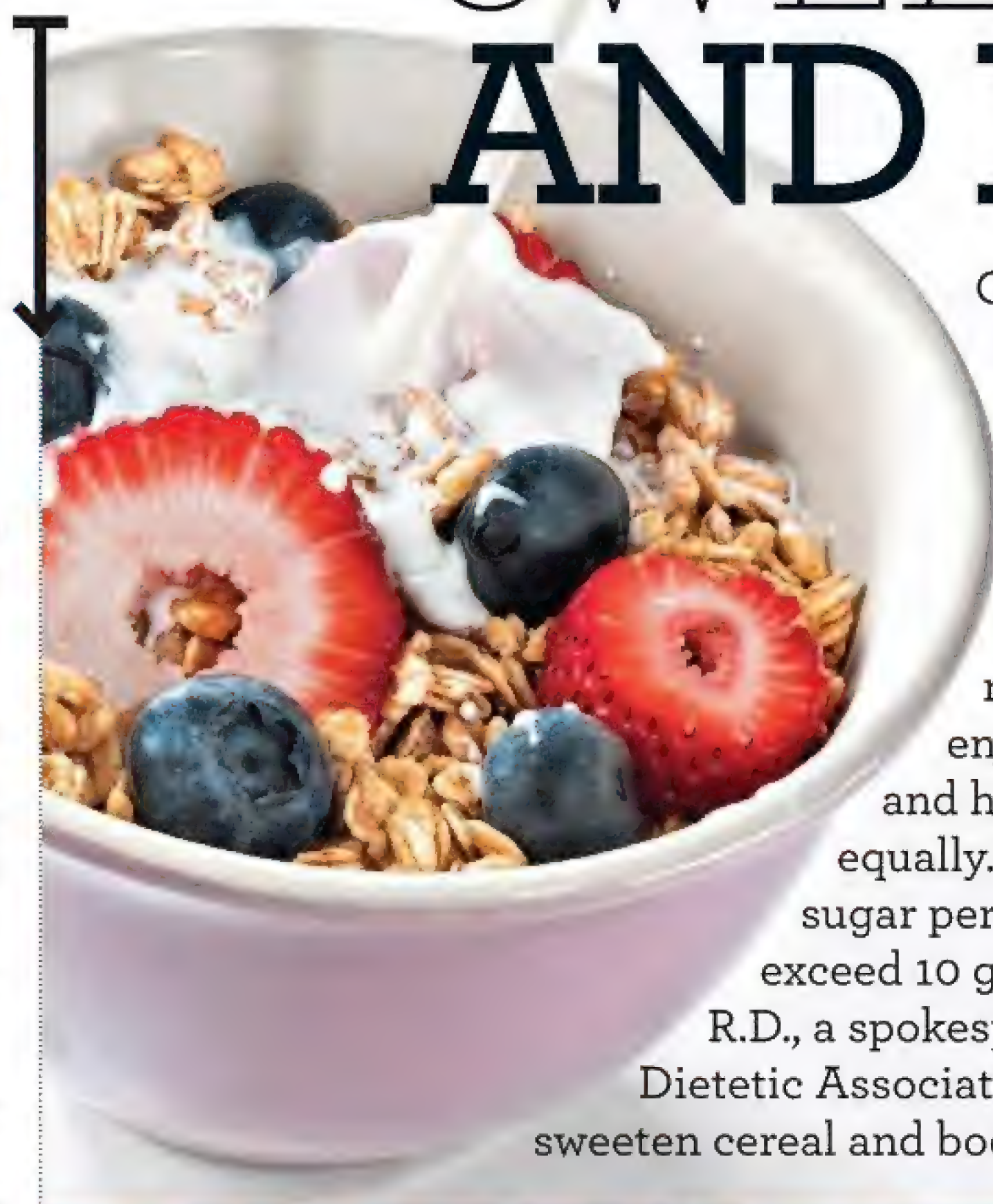
Q A

I've heard acetaminophen can harm kids' livers. Is this true?

Taking too much at any age can cause liver damage, but it's safe for children (and adults) when used as directed, says Eric Lavonas, M.D., associate director of the Rocky Mountain Poison and Drug Center in Denver.

In his study of 32,000 kids taking the medication, not one experienced liver problems. Beginning at age 6, children weighing at least 55 pounds can take one regular-strength tablet of acetaminophen for fevers, aches and pains. Read dosing instructions carefully, and call your doctor with any questions.

SWEET AND LOW



Cereal accounts for up to 9% of the added sugar in a child's diet, and many parents assume their kids will be happy only with a super-sweet morning meal. But in a recent study, tweens enjoyed low-sugar cereals and highly sweetened ones equally. Aim for less than 5 g of sugar per serving, and never exceed 10 g, says Melinda Johnson, R.D., a spokesperson for the American Dietetic Association. Have fruit on hand to sweeten cereal and boost its nutritional value.

CLEAR THE AIR >>

If your kid has asthma, try not to let it get the best of you. A new study shows that when a mom is stressed and overprotective, it can worsen her child's symptoms. The Asthma and Allergy Foundation of America recommends that parents join a support group. Go to aafa.org to find one in your area.



HEADS UP

More than 60,000 high school athletes suffer concussions each year. If your kid takes a knock to the head, look out for these signs, which new research from the Ohio State University College of Medicine shows are different for boys and girls.



GIRLS

- Drowsiness
- Dizziness
- Headache
- Nausea
- Sensitivity to noise
- Unsteadiness



BOYS

- Feeling sluggish or in a fog
- Difficulty concentrating
- Memory problems

Your doctor should help you decide how long to keep your kid off the field following a concussion. Another injury while the first is still healing could lead to lasting brain damage.



Mornings are a lot easier when they've had a good breakfast.

Everyone knows school can be a challenging place. That's why a nutritious start to the day is essential. Carnation® Breakfast Essentials™ Complete Nutritional Drink helps provide the protein, calcium and other nutrients your kids need to be their best.

GOOD NUTRITION FROM THE START.™

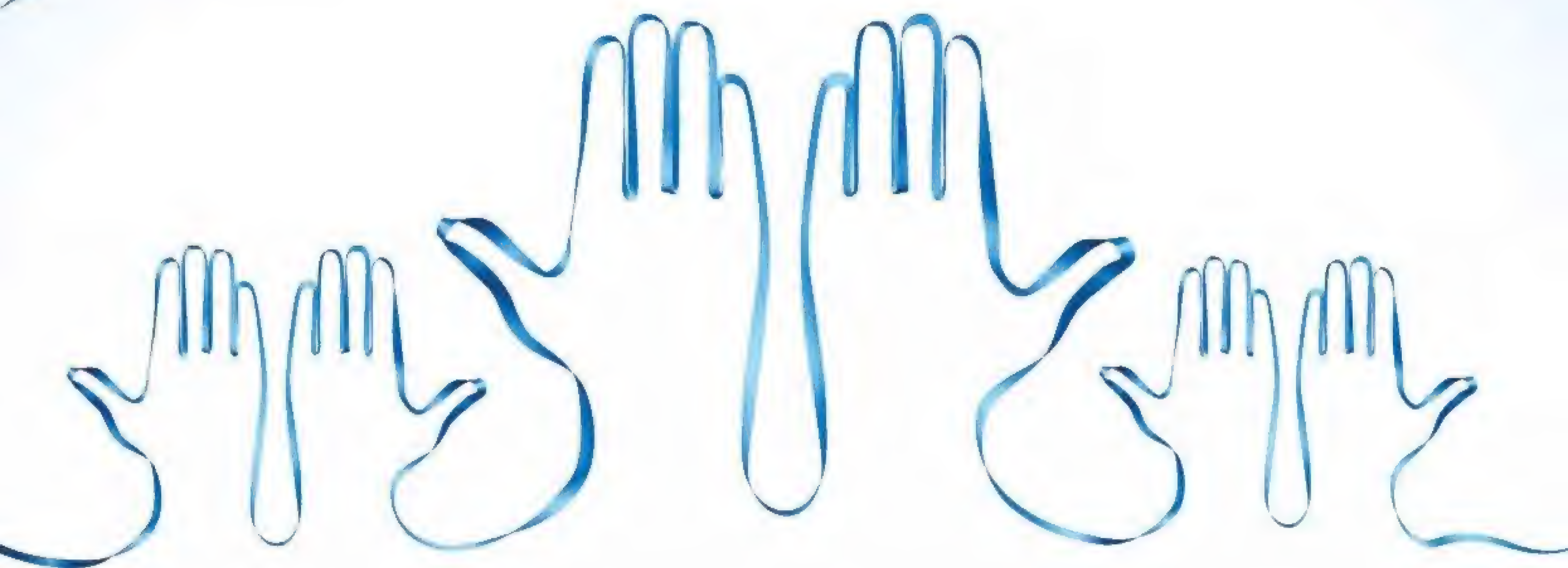
**2X
PROTEIN
OF AN EGG**

**2X
CALCIUM
OF YOGURT***

**21
VITAMINS &
MINERALS**



* compared to a 6oz cup of yogurt. © 2011 Nestlé. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



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The Lysol® No-Touch™ Hand Soap System helps to stop the spread of bacteria around your home. It automatically senses hands and dispenses the right amount of soap to kill 99.9% of bacteria. Now with a new stainless look that fits in with any décor, you can have a Lysol No-Touch Hand Soap System on every sink in your home.

For healthy tips and more, visit lysol.com/missionforhealth





BYE-BYE BACK PAIN

SIMPLE STEPS FROM THE
EXPERTS TO EASE ACHES
AND MAKE YOU FEEL BETTER
FAST. *by Sandra Gordon*

Count yourself lucky if you've never groaned about your back. Fact is, the majority of us (80%) will deal with back pain at some point.

It's one of the most common reasons for a doctor visit. Deciding how to treat it, though, can be tricky. There's simply no gold standard. "We have a long history of medical interventions that didn't work," says Roger Chou, M.D., a back pain expert at Oregon Health & Science University in Portland. But today we know more than ever. Check out the latest ways to avoid and deal with pain—from easy-to-implement prevention moves to the most effective cutting-edge surgical cures.



1» Don't coddle yourself.

Whether your back pain is excruciating or merely annoying, you probably won't feel like doing much. But don't take it easy for more than a day or two. Doing so can prolong and worsen pain. Instead, take a prescription or over-the-counter pain reliever (acetaminophen or ibuprofen) and start moving, says Daniel J. Mazanec, M.D., associate director of the Center for Spine Health at the Cleveland Clinic. "Low-impact activities, like walking or swimming, boost blood flow to your back muscles and help loosen them up."

2» Avoid the urge to be a weekend warrior.

"In general, people who exercise regularly have less back pain than those who don't," says Dr. Mazanec. But bingeing on exercise over the weekend—to make up for everything you missed during the week—can backfire because your muscles aren't primed for the activity. Ideally, you should go on a power walk daily. It's the best prescription for a strong, problem-resistant spine.

3» Take a break.

Get up from the computer or couch and stretch every 30 minutes. Put your hands on your hips, look up at the ceiling and arch backward. Sitting for long periods without a break compresses your back's disks, which are meant to cushion vertebrae.



About half of all back pain episodes resolve in around two weeks; up to **80%** are gone by the six-week mark.

4» Stay slim.

Maintaining a body mass index (BMI) in the normal range of 18.5 to 24.9 reduces your risk of back pain. "Being overweight causes wear and tear on your ankles, knees and hips that gets transferred to your spine because you limp or favor one side," says Perry G. Fine, M.D., of the Pain Research Center at the University of Utah in Salt Lake City. It can also put excess stress on disks, ligaments and back joints, causing osteoarthritis of the spine. Visit familycircle.com/bmi to calculate your BMI.

5» Do Kegels.

Toning your pelvic-floor muscles does more than just prevent urinary incontinence. It strengthens your entire "inner cylinder," starting with the floor; you'll be supporting your uterus, bladder, bowel, on up to your abs and spinal muscles, says Kevin Carneiro, D.O., a physician at the University of North Carolina School of Medicine in Chapel Hill. "All of these muscles work in tandem." To perform Kegels: Locate the targeted muscles by trying to stop the flow when uri-

nating. Once you know how to flex and contract, hold those muscles for 5-second intervals 5 times in a row anytime during your day. Work up to 10-second contraction and relaxation intervals.



6» Get out of bed and onto a ball.

Sitting on a stability ball for 30 seconds or more each morning helps align ligaments around your disks, says Dr. Fine.



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7» Quit it.

In case you need yet another reason to stop smoking, consider this: Nicotine constricts blood flow to spinal disks, causing them to age faster than normal. Visit cancer.org/smokeout or call the national tobacco quit line at 800-784-8669.

8» Get fitted.

Women with large breasts are more prone to back issues. Be sure you're wearing the right-size bra, which can help distribute chest weight and prevent you from hunching over. In severe cases breast reduction surgery, which typically removes 1 to 6 pounds from each side, may be beneficial.

9» Reconfigure your computer setup.

Looking down at a screen, what people often do when working on laptops, puts strain on neck and back muscles, says Dr. Carneiro. Your monitor should be at eye level, elbows and shoulders at 90 degrees. If you use a laptop, consider getting a separate keyboard to make these ergonomic adjustments.

10» Find pressure points.

Studies indicate that acupuncture (the Chinese medicine technique of inserting thin needles into the skin) can help reduce back pain. If you shy away from needles,



try shiatsu, which uses massage at acupuncture points. "I typically recommend massage or acupuncture to patients with muscles that won't relax, even with physical therapy," says Heidi Prather, D.O., associate professor of orthopedic surgery at the Washington University School of Medicine in St. Louis. Find an acupuncturist or shiatsu therapist from the National Certification Commission for Acupuncture and Oriental Medicine at nccaom.org.

11» Stress less.

The neurochemicals that flood your system when you're dealing with tough times can lead to emotional and physical pain. Reduce anxiety with regular exercise, a healthy diet, psychotherapy and, if necessary, prescription medication, such as Klonopin, Ativan, Prozac or Paxil.

12» Consider steroids.

When other attempts at relieving pain fail, steroid injections may provide relief. "A shot of dexamethasone or methylprednisolone in the back can decrease inflammation and keep you moving," says Wellington Hsu, M.D., an orthopedic surgeon in Chicago and a spokesperson for the American Academy of Orthopaedic Surgeons. These medications can ease discomfort for months.

13» Give your spine support.

Your lower back naturally curves inward, but most chairs cause it to round out, which can throw off alignment. "Cushioning your lumbar is the key to maintaining your spine's neutral curvature," says Mary Ann Wilmarth, chief of physical therapy at Harvard University Health Services in Boston. Scoot all the way back in your chair with a roll of paper towels or a lumbar pillow wedged behind your waist. In a car or a public place stuff your coat behind you. "Once your low back is supported, your neck and upper back will stay in proper position," Wilmarth says.

Photo: Stockbyte/Getty Images. Illustration: Mckibillo.


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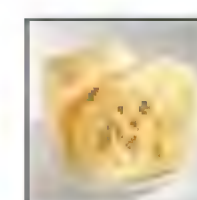
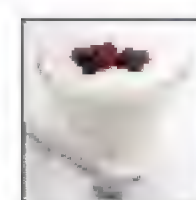


*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.



*I wanted to stop
my bone loss.*

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more.



*"Eat plenty of calcium-rich foods
like yogurt, spinach, and cheese."*

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.

Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read Patient Information on the next page.

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visit BONIVAFreetrial.com and try BONIVA free.**

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once-monthly
Boniva[®]
ibandronate sodium
150 mg tablet





IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
 - have low blood calcium (hypocalcemia)
 - cannot sit or stand for at least 60 minutes
 - have kidneys that work very poorly
 - are allergic to BONIVA or any of its ingredients
- See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

SURGICAL SOLUTIONS

You should try a variety of treatments for at least six months before considering surgery, says Eeric Truumees, M.D., of the North American Spine Society, a spine surgeon in Austin, Texas. Even if your doctor sees something very telling early on with an MRI or X-ray, like a worn-out disk, your pain may get better in time without your going under the knife. If eventually you and your doctor come to the conclusion that surgery is the only option, the newest techniques are much less invasive. Incisions are smaller, imaging methods are more precise and experts have a better understanding of how nerves and muscles affect back pain.

» **MINIMALLY INVASIVE LUMBAR FUSION** This MRI-guided surgery involves carefully inserting bone-growing protein (produced in the lab) between painful spinal disks. The disks are then fused with titanium rods and screws to form a single bone. The best fusion candidates have degenerative disk disease or spinal stenosis, which is a narrowing of the spinal canal from chronic pinching of the nerve roots.

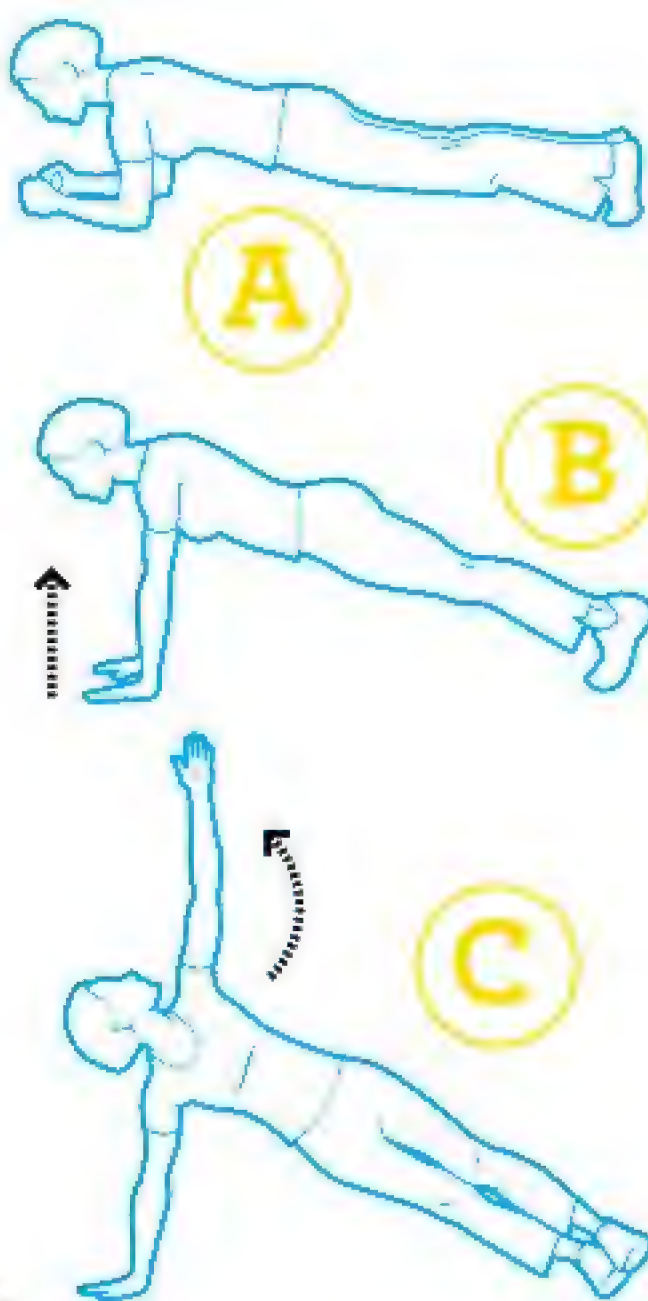
» **INTERSPINOUS SPACERS** With this technique, up to two titanium spacers are wedged between degenerated vertebrae under local anesthesia to keep them from

rubbing together. The ideal patient has spinal stenosis or the following symptoms: pain in the back, in the buttocks, and down the back of the legs, which gets better with sitting.

» **MICRODISKECTOMY** This surgery removes a small amount of tissue from a disk that's impinging on nerve roots (because it's out of its socket) under the guidance of an operating microscope, which minimizes the size of the incision. Microdisectomy is intended for people who have a herniated (aka slipped or ruptured) disk.

14» See the right doctor.

A trip to your internist can reassure you that your pain is nothing serious, like a malignancy, infection or fracture. Next step: "See a spine specialist to help pinpoint the problem and get the best treatment," says Jared Greenberg, M.D., an interventional spine physician at Meriter Medical Group in Madison, Wisconsin. "If in the end surgery is indeed necessary, you want to be able to look back and say 'I did everything I could to avoid this,'" says Dr. Greenberg. To find a non-operative spine specialist, visit the American Academy of Physical Medicine and Rehabilitation at aapmr.org.



15» Work your core.

Strong abs are vital for a stable body, and, conversely, weak stomach muscles are often linked to back issues. The best exercise to practice regularly is the plank. Lie face down on the ground and push yourself up on your forearms and toes to form a straight line with your back (A). Hold for 30 to 60 seconds. To make this move more difficult, push up onto your hands and straighten (but don't lock) your arms (B). If possible, shift your weight to the right and raise your left arm to the sky, stacking your left foot on top of your right (C). Keep your hips up so your body forms a straight line from your ankles to shoulders. Switch sides after 30 to 60 seconds. ●

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MODEL

>> parents



LISA, 47
STATS
HEIGHT 5'1"
STARTING WEIGHT
146 pounds
BMI 27.6



MARC, 51
STATS
HEIGHT 6'3"
STARTING WEIGHT
283 pounds
BMI 34.9

Lisa and Marc Rebutti are hitting the gym—and shaping up the entire family for a lifetime of better health.

Two active boys and their own jam-packed schedules leave Lisa and Marc Rebutti with little time to work out. Sound familiar? A recent Gallup poll found that only a quarter of parents exercise 30 minutes a day. But the Rebuttis have vowed to change their ways this year with *Family Circle*'s help (go to familycircle.com/healthyfamily2011 for more info). "Marc and Lisa should remember that in order to set a good example for their kids, they need to make exercise a regular habit for themselves," says Robert Reames, the official trainer of *The Dr. Phil Show*. With guidance from instructors at Gold's Gym, the couple have embarked on a thrice-weekly workout plan, which you can also do in your own home.

BODY MASS INDEX (BMI) measures weight in relation to height. To calculate yours and find out which category you fall into, go to familycircle.com/bmi.

Underweight = < 18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obese = 30+



Live deliciously[®]



**Perfect
Pinch**

Garlic & Herb Lemon Chicken

Prep Time: 10 minutes Cook Time: 20 minutes

- | | |
|---|-------------------------------|
| 1/4 cup flour | 1 cup chicken broth |
| 1 tbsp. McCormick [®] Perfect Pinch [®] Garlic & Herb Seasoning | 1 tbsp. lemon juice |
| 1 lb. thinly sliced boneless skinless chicken breast halves | 1 tbsp. chopped fresh parsley |
| 2 tbsp. oil | |

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

Full of inspiration

Full of flavor

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Available in 18 seasoning blends including 5 salt-free



Lisa: Boosting Confidence

EXERCISE BACKGROUND → Lisa has never tried a structured workout plan, but she does walk her two dogs for 30 minutes daily.

STUMBLING BLOCK → She feels intimidated by the gym, and it discourages her from trying to get in shape.

EXPERT ADVICE → “Lisa needs to take it up a notch,” says Reames. “She should try a variety of workouts to find something she enjoys. If she likes what she’s doing, she’ll be more motivated.”

HER GET-FIT PLAN → Lisa’s personal trainer, Marie Rotondella of Gold’s Gym in Flanders, New Jersey, has started her off with exercises that are simple but still provide a total-body workout. She’ll begin with 2 sets of 10 to 15 reps of each of the moves at right, 2 to 3 times a week, and continue walking for cardio every day. “When she’s used to going to the gym and builds some confidence, we’ll have her try the stair-stepper, then an indoor cycling class,” says Rotondella.

Don’t have
dumbbells?
Large, unopened
soup cans work
just as well.

Try Lisa’s Workout



1/ Body-weight squats
Stand about a foot in front of a chair with your feet shoulder-width apart. Bend your knees until your butt taps the seat, then stand.

2/ Lying chest flies
Holding light dumbbells (about 5 pounds) in each hand, lie on the ground with your knees bent and your feet flat on the floor. Raise your arms (slightly bent) so the weights are high above your chest. Slowly lower the dumbbells out to the sides so they’re in line with your shoulders but not resting on the floor. Then gradually raise them back to starting position.

3/ Stationary lunges
Take a large step forward with your right foot and, keeping your head up and shoulders back, lower your body until your right

knee bends 90 degrees (be sure your knee stays directly above your ankle). Push off your right foot and bring it back to your left. After finishing the first set of reps on that side, switch legs.

4/ Bent-over rows
Stand holding a light dumbbell in each hand. Bend at the waist, keeping your back flat and eyes forward. Raise your elbows toward the ceiling until the weights line up with your chest. Lower arms and repeat.

5/ Seated crunches
Sit on the ground with your hands on the floor behind your butt, fingers facing forward, and your knees bent 90 degrees. Lift your feet off the floor and bring your knees to your chest. Return your feet to the floor; repeat.



fitness on the go

Getting fit as a family, says Reames, doesn’t mean you have to set aside regimented exercise time. “Just make physical activity a part of your everyday life, no matter where you are,” he says. Here are some family-friendly ideas, with the number of calories you’d burn in an hour (based on a 150-pound person).

WHERE	ACTIVITY	CALORIES
Your yard or the park	Shooting hoops	306
	Playing catch	170
	Ultimate Frisbee	540
Around the neighborhood	Bicycling (leisurely)	408
	Walking	224
	Rollerblading	816
At the pool	Swimming	408
	Water volleyball	204
	Marco Polo	272
At the beach	Canoeing	238
	Snorkeling	340
	Paddle boating	272

ADVAIR DISKUS[®] 100/50

(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS is for the treatment of asthma in patients 4 years and older. ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.

Important Safety Information About ADVAIR DISKUS for Asthma


- People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an **increased risk of death from asthma problems**. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
 - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR.** You may need different treatment.
 - **Get emergency medical care if breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.**
- ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR. Your healthcare provider will decide if you can stop ADVAIR without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents with asthma who take LABA medicines may have an increased risk of hospitalization for asthma problems.
- Do not use ADVAIR to treat sudden, severe symptoms of asthma. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure. **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain a LABA for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
 - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
 - **sudden breathing problems immediately after inhaling your medicine**
 - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain
 - **effects on nervous system:** tremor; nervousness
 - **reduced adrenal function (may result in loss of energy)**
 - **changes in blood (sugar, potassium, certain types of white blood cells)**
 - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
 - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
 - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
 - **slowed growth in children.** A child's growth should be checked often.
- **Common side effects of ADVAIR DISKUS include** upper respiratory tract infection, throat irritation, hoarseness and voice changes, thrush in the mouth and throat, bronchitis, cough, headache, nausea, and vomiting. In children with asthma, infections in the ear, nose, and throat are common.

Please see summary of Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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*Subject to eligibility.

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asthma has two
main causes?

Airway
constriction and
inflammation.

ADVAIR
treats both
of them.

Which helps
prevent symptoms
from occurring in
the first place.

ADVAIR is not
for, and should not
be used to treat, sudden,
severe symptoms of
asthma. It won't replace
a rescue inhaler.

ADVAIR[®]

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

BRIEF
SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly and
 - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
 - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT®). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
- See "What is the most important information I should know about ADVAIR DISKUS?"
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
 - rash
 - hives
 - swelling of the face, mouth, and tongue
 - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
 - increased blood pressure
 - a fast and irregular heartbeat
 - chest pain
- **effects on nervous system**
 - tremor
 - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - fever
 - chills
 - increased cough
 - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.



Marc: Finding New Challenges

EXERCISE BACKGROUND → Marc competed in short-distance triathlons in his 30s, but during the last several years, his workout time dwindled to an hour of weight lifting a week. He recently began going to the gym more often but rarely does any cardio.

STUMBLING BLOCK → He's hit a plateau after dropping 16 pounds.

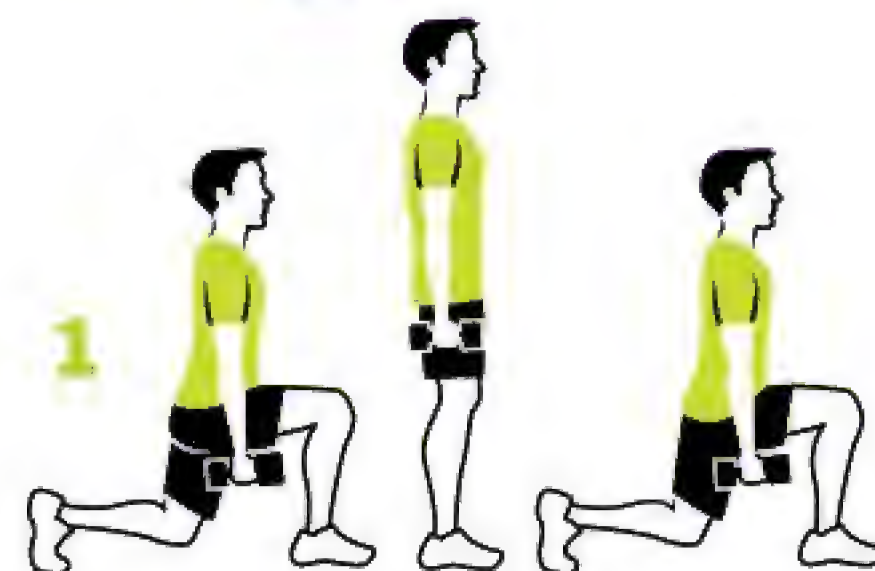
EXPERT ADVICE → "By lifting weights, Marc was able to lose some weight, but now his body has gotten used to that workout," Reames says. "He needs to challenge himself in new ways by adding cardio and changing his strength exercises."

HIS GET-FIT PLAN → "I'm introducing Marc to movements that'll get his heart rate up and work multiple muscle groups at once," says Joe Bartolotta, his personal trainer at Gold's. Three times a week, he completes 2 sets of 10 to 15 repetitions of the following 5 moves (starting at right), and takes as few breaks as possible. Additionally, he rides a stationary bike or uses an elliptical trainer for 30 to 40 minutes 4 days a week.

Illustrations: Mckibillo.

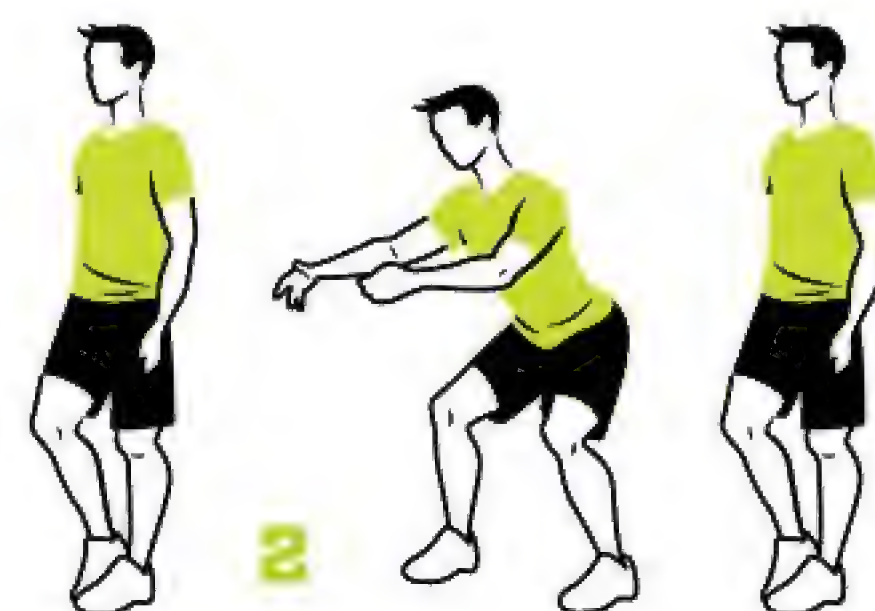
1/ Forward walking lunges

Marc does a more intense version of the lunges Lisa does. After taking a large, deep step forward with your right leg, shift your weight to your right foot and push up. Without pausing, step your left leg in front of your right and repeat the lunge with your left leg in front. Do 10 to 15 forward lunges, rest for a minute, and do 10 to 15 more. (10-pound dumbbells optional)



2/ Side-stepping squats

Step your right foot to the side so your feet are shoulder-width apart. Bend your knees until your thighs are parallel to the floor. Stand up, then bring your left foot to your right. Repeat. After finishing all your reps, switch legs.



Try Marc's workout if you can already perform Lisa's moves with ease.

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FOR COMPLETE NUTRITIONAL DATA REFER TO: USDA NATIONAL NUTRIENT DATABASE

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of getting fiber and whole grain.*



With a good source of fiber and at least 8 grams of whole grain in each serving, these Kellogg's® cereals give kids a great-tasting way to start their morning.

Kellogg's makes fiber **FUN**™

3/ Push-ups

With your arms shoulder-width apart, lean onto your kitchen counter or a similarly high surface while keeping your belly sucked in and back flat. Bend your arms until your chest touches the counter, then push up. When you work up to 15 reps, move your hands to a lower surface like a chair or bench. Then move to the floor.



4/ Bench dips

Sit on a sturdy chair or bench with your hands gripping the seat, next to your sides. Slide off the bench, knees bent, so you're supporting yourself with your arms. Bend your arms to 90 degrees, then push back up.



5/ Bent-over rows

Hold a heavy dumbbell (about 10 pounds) in your left hand, arm straight. Bend at the waist and rest your right hand on the seat of a chair. Raise your left elbow toward the ceiling until the dumbbell lines up with your chest. Complete the first set of reps, then switch arms.

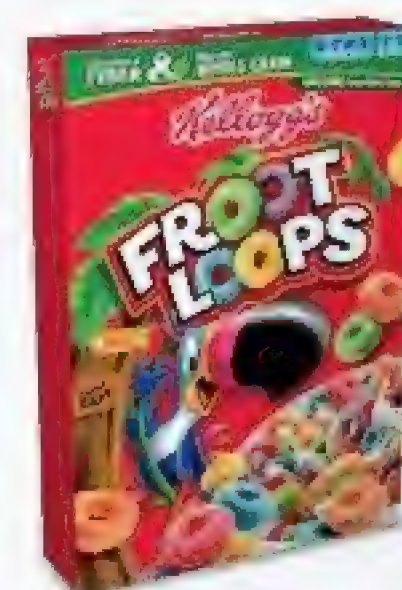


FIT FOR LIFE

Robert Reames has whipped hundreds of fitness beginners into shape during his two-decade career as a strength and conditioning coach. He shares the secrets to his clients' success with FC readers.

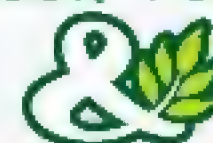
- **Have fun.** You're more likely to stay committed to exercise if you enjoy it. Try a beginner-friendly fitness class like yoga, indoor cycling or group strength. If you'd rather not join a gym, you could also spend at least 30 minutes a day being active in other ways, such as walking briskly, riding your bike, gardening or even running after your kids.
- **Ask for help.** If you're new to the gym, or unsure of how to structure a workout, set up one session with a personal trainer. The trainer will give you a plan and teach you how to navigate the equipment on your own.
- **Just show up.** It's a myth that you have to spend hours working out to get results. You benefit more from a short sweat session than none at all.
- **Think of your kids.** Exercise is like health insurance—spend the time working out now to avoid being sick later. Plus, if you are active, you'll have more energy to do things with your children. Your kids will follow your lead and develop healthy habits early.
- **Stick with it.** If you started exercising with a goal in mind, like weight loss or improved blood pressure, don't stop once you've achieved it. Instead, aim for something new, like walking your first 5k. ●

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Good food deserves a clean oven.



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FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS

Big Red

Don't miss out on fresh rhubarb this season. One cup of the scarlet shoots packs an impressive amount of fiber, vitamin A and calcium (as much as 1 glass of milk). For a simple dessert, combine 2 cups chopped rhubarb, $\frac{1}{2}$ cup sugar, and juice and zest from a small orange in an 8-inch microwave-safe dish. Cover with plastic, venting corner. Microwave for 4 minutes. Top with 1 cup crumbled gingersnap cookies and $\frac{1}{2}$ cup chopped walnuts. Microwave, covered, 4 minutes. Serve with frozen yogurt.

FOOD NEWS

→ BY MEGAN BINGHAM



Jam-Packed

Guava paste, a sweet spread used in Latin American cuisine, amps up the flavor of this easy recipe from Ingrid Hoffman, host of Food Network's *Simply Delicioso*.

GUAVA AND CREAM CHEESE DESSERT BARS

MAKES 6 servings **PREP** 10 minutes **BAKE** at 375° for 35 minutes

3 ounces cream cheese, softened
 ½ cup sweetened condensed milk (such as Eagle Brand)
 1 tablespoon lemon juice
 2 teaspoons cornstarch
 1 frozen puff pastry sheet (½ of package), thawed
 ½ cup guava paste or your favorite jam
 1 large egg, lightly beaten

① Heat oven to 375°. Coat baking sheet with nonstick cooking spray.

② Beat cream cheese, sweetened condensed milk, lemon juice and cornstarch in medium bowl with electric mixer on medium speed for 1 minute or until smooth.

③ Roll pastry on floured surface with rolling pin into 12 x 9-inch rectangle. Cut in half crosswise, making two 9 x 6-inch rectangles. Place one half on prepared baking sheet. Stir guava paste until smooth. Spread onto pastry to within an inch of edge. Spoon cream cheese mixture evenly over guava paste.

④ Brush edges of pastry with beaten egg. Top with second half of pastry. Press edges with fork to seal. Cut six 4-inch diagonal slits in top of pastry. Brush top with beaten egg.

⑤ Bake 30 to 35 minutes or until puffed and golden. Cool on baking sheet 10 minutes. Transfer to wire rack. Cool completely. Cut into 6 bars.



FC PICKS CHOCOLATE TWIST

A new take on our favorite Easter treats.

Chocolate-Dipped Peeps

The classic yellow chicks now come floating in your choice of milk or dark chocolate.

Target, \$2



Jelly Belly Chocolate Dips

Cherry, orange and coconut-flavored jelly beans coated with dark chocolate.

Jellybelly.com, \$3



Lindt Chocolate Carrots

Solid milk chocolate wrapped around a green stem, these treats are anything but average carrot sticks. Lindt.com, \$4

3 IDEAS FOR ARUGULA



① Toss together a salad using 6 cups arugula, 2 cups chopped tomatoes, ¼ cup crumbled goat cheese, 2 tbsp olive oil, 1 tbsp balsamic vinegar. Salt and pepper to taste.

② For a light pasta, cook ½ pound spaghetti; just before draining, stir in 3 cups arugula, reserving ¼ cup cooking liquid. Stir in ½ cup grated Romano cheese, 2 tbsp olive oil, 1 tsp coarsely ground black pepper and reserved water.

③ Create an omelet by wilting 1 cup arugula in nonstick skillet; remove to plate. Whisk together 4 eggs and 2 tablespoons water; pour into skillet and cook on medium-high until set. Add arugula and 2 tablespoons ricotta cheese; fold over and serve.

HOT SPOT

If you use glass bakeware incorrectly, the results can be shattering—12,000 people have landed in the ER due to exploding baking pans, reports the Consumer Product Safety Commission. Play it safe with these tips.

✓ DO

Set hot glassware on a dry, cloth potholder to cool.

Preheat the oven before putting the glassware in.

Add liquid to the bottom of the dish before cooking meats.

✗ DON'T

Place glassware on a burner or under a broiler.

Pour liquid into hot glassware.

Take dishes directly to the oven from the freezer or vice versa.

spread a little luscious



PHILADELPHIA vanilla mousse cheesecake

Prep Time: 20 min. • Total Time: 6 hours 15 min. (incl. refrigeration) • Serves: 16

40 vanilla wafers, crushed
(about 1½ cups)
3 Tbsp. butter or margarine, melted
4 pkg. (8 oz. each) PHILADELPHIA
Cream Cheese, softened, divided
1 cup sugar, divided
1 Tbsp. plus 1 tsp. vanilla, divided
3 eggs
8 oz. whipped topping, thawed

HEAT oven to 325°F. Mix
wafer crumbs and butter;
press onto bottom of
9-inch springform pan.

BEAT 3 pkg. cream
cheese, ¾ cup sugar and
1 Tbsp. vanilla with
mixer until well blended.
Add eggs, 1 at a time,
mixing on low speed after
each just until blended.
Pour over crust.

BAKE 50 to 55 min. or
until center is almost set.
Run knife around rim of
pan to loosen cake; cool
completely in pan.

BEAT remaining cream
cheese, sugar and vanilla
with mixer in large
bowl until well blended.
Whisk in whipped
topping; spread over
cheesecake. Refrigerate
4 hours. Remove rim
of pan before serving
cheesecake. Garnish with
fresh berries if desired.

spread a little **philly**



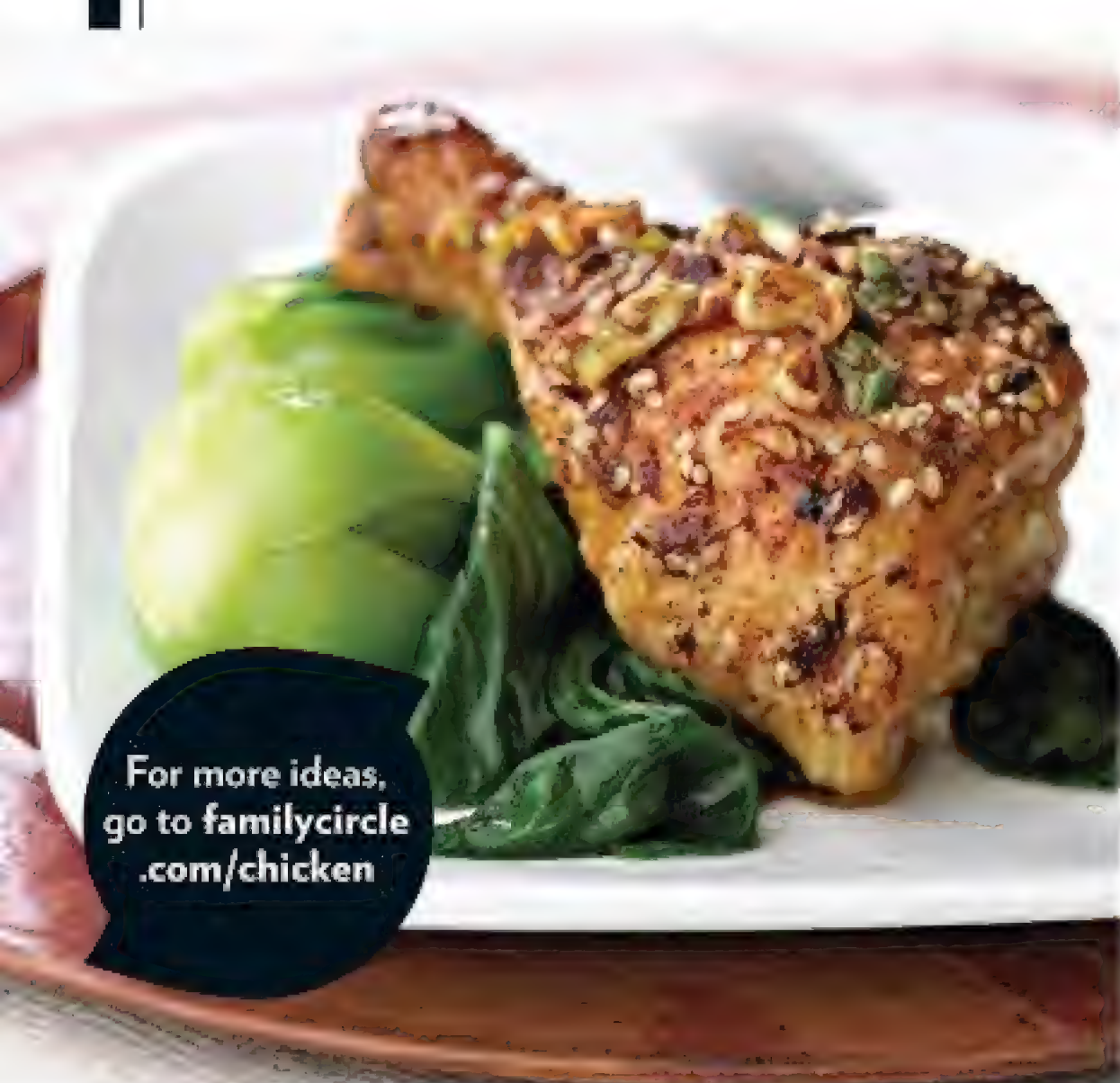
poultry power!



On any given night almost half of all Americans—43%—are eating chicken for supper. As a dietician, that stat makes me happy, because this versatile, low-fat meat is packed with protein and is a proven source of iron, zinc and B vitamins. But in my heart I know a lot of those plates are filled with chicken nuggets, which parents rely on as a go-to fix, because, frankly, they know kids will eat them without argument. There's nothing wrong with the occasional nugget, but you can do better, both in terms of nutrition and taste. Our Healthy Family Dinners story, "Count Your Chickens," page 101, offers an assortment of awesome alternatives that will appeal to kids as well as grown-ups.



Good-for-you ideas from Regina Ragone, our food director/registered dietician



For more ideas, go to familycircle.com/chicken

*** The Dark Side** If you generally opt for chicken breasts because they are low in fat, maybe it's time to try something new. Meat found in the drumsticks and thighs is a little higher in fat than breast meat, but 60% of that fat is the healthier mono and polyunsaturated kind. Leg meat delivers double the zinc of breast meat, satisfying 20% of your daily RDA. And because dark meat is so flavorful, it's a great choice for strongly spiced ethnic dishes.

*** Skin Deep** Who doesn't love the crispy skin of roast chicken? Still, you are much better off resisting since it accounts for at least half of the fat. For juicy results, don't remove it until after cooking, as the meat won't absorb the fat from the skin. For even more flavor, tuck thinly sliced lemon and fresh herbs—such as sage or rosemary—under the skin or marinate your chicken for at least an hour before roasting.

SODIUM Rx

Instead of buying fully cooked packaged chicken for a recipe or salad, save money and reduce salt intake by poaching a chicken breast. It's easy:

Place **2 large boneless, skinless chicken breasts** in a medium-size lidded skillet. Cover with **water or chicken broth** and add a **sprig of thyme, a bay leaf and a few peppercorns**. Bring to a boil; reduce heat to a bare simmer, and simmer, covered, for 10 minutes.



DECODING LABELS

The lowdown on terms popping up on poultry.

Free Range

A USDA-regulated designation, meaning only that the bird had access to the outdoors.

Farm Raised

Usually refers to chickens raised on a local farm, but technically all are raised on a farm of some sort.

Certified Organic

All feed given to the birds must be certified organic—it doesn't contain chemical fertilizers, pesticides, animal by-products or other additives.

Natural

The most commonly used label has nothing to do with standards of care, type or quality; it simply indicates no additives or preservatives were added after the poultry was processed.

Hormone-Free

Irrelevant—no artificial hormones are used in any poultry production.

Raised without Antibiotics

Medications not classified as antibiotics may still be used.

PIECE OUT

How these parts (skinless) stack up:

BREAST

165 calories
3.6 g fat
1 g sat fat
1.2 g mono
.7 g poly

1 THIGH

209 calories
11 g fat
3 g sat fat
4 g mono
2.5 g poly

1 WING

203 calories
8 g fat
2.3 g sat fat
2.6 g mono
1.8 g poly

1 DRUM

175 calories
5.7 g fat
1.5 g sat fat
1.9 g mono
1.4 g poly

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under the sauciest
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THAN PLAIN
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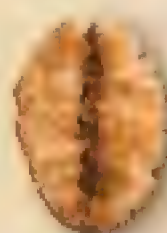
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“Is your whole grain cereal really whole?”

-Chef Curtis Stone



**Whole Grain
Wheat**



**Great Grains
Flake**

“Hello, Curtis here. Did you know that other whole grain cereals aren’t? Whole, that is. Because they grind their wheat into flour and then process them into flakes.

But not the folks who make Post Great Grains cereal. Like me, they believe the best approach to food is to keep it whole for better nutrition. Just look at the comparison above. See that seam on the wheat kernel? Same as on

the Great Grains flake. That’s because Great Grains gently steams, rolls and bakes the actual wheat grain whole. So it’s less processed than the other guy’s flakes. And since the grain is still intact, it maintains its full nutrition.

If you’d like to learn more about how less processed foods give you better nutrition, just check out Great Grains’ official Facebook page at facebook.com/greatgrains. You’ll see that compared to the other whole grain cereals, Great Grains really is the *Whole, Whole Grain Cereal*.”

**The Whole,
Whole Grain Cereal.**



HEALTHY FAMILY DINNERS®

»» COUNT YOUR CHICKENS

Five delicious recipes to spice up dinner—fast.

sweet & sour asian wraps
page 108



recipes by michael tyrrell • photographs by kana okada

tandoori chicken thighs

MAKES 4 servings

PREP 15 minutes **BAKE** at 400° for 40 minutes **COOK** 20 minutes

CHICKEN

- 1 tablespoon chopped gingerroot
- 1 tablespoon lemon juice
- 1 teaspoon curry powder
- 2 cloves garlic, chopped
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon cayenne pepper
- 4 large bone-in chicken thighs (about 1½ pounds), skin removed

LENTILS

- 1 tablespoon olive oil
- 1 medium onion, peeled and chopped
- 3 cloves garlic, chopped
- 1 cup yellow lentils
- 1 tablespoon chopped gingerroot
- 1 teaspoon curry powder
- $\frac{1}{2}$ teaspoon salt
- 1 pound red Swiss chard, cut into 1-inch slices, tough stems removed

① Heat oven to 400°.

② **Chicken.** In a small bowl, stir together ginger, lemon juice, curry, garlic, salt, cinnamon and cayenne. Place chicken in a baking dish, flesh-side up; rub ginger-curry mixture over top of each piece. Bake at 400° for 40 minutes or until internal temperature registers 170° on an instant-read thermometer.

③ Meanwhile, make **Lentils.** In a large pot, heat oil over medium-high heat. Add onion and garlic and cook 5 minutes, stirring occasionally. Stir in 2 cups water, lentils, ginger, curry and salt. Simmer, covered, over medium heat 10 minutes, stirring occasionally. Stir in chard and simmer 5 minutes.

④ Serve chicken with lentils, and Easy Chutney and Mint Raita (see recipes, right), if desired.

PER SERVING 451 calories; 13 g fat (3 g sat.); 48 g protein; 39 g carbohydrate; 14 g fiber; 747 mg sodium; 166 mg cholesterol



Vitamin- and fiber-rich Swiss chard adds a bright hit of color, while golden-hued lentils are a terrific source of heart-healthy folate and magnesium.

ON THE SIDE

EASY CHUTNEY

Heat 2 teaspoons oil in a medium-size saucepan; add $\frac{1}{2}$ cup each chopped red onion and chopped green pepper and cook 5 minutes. Stir in 1 teaspoon hot curry powder, $\frac{1}{4}$ cup peach preserves, 2 tablespoons cider vinegar, $\frac{1}{4}$ teaspoon salt and 2 chopped ripe mangoes. Cook, covered, 5 minutes. Cool.



MINT RAITA

Combine $\frac{1}{2}$ cup reduced-fat plain yogurt; $\frac{1}{2}$ cucumber, peeled, seeded and chopped; 2 tablespoons chopped mint; a squeeze of lemon juice; and pinch of salt. Refrigerate.





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chicken parmesan

MAKES 4 servings

PREP 15 minutes **COOK** 13 minutes

BAKE at 350° for 15 minutes

- ½ cup whole-wheat bread crumbs
- ⅓ cup all-purpose flour
- 2 eggs, slightly beaten
- 4 thinly sliced boneless, skinless chicken breasts (about 4 ounces each)
- 2 tablespoons, plus 1 teaspoon olive oil
- 1 cup marinara sauce
- ¾ cup shredded reduced-fat mozzarella cheese
- ¾ cup low-sodium chicken broth
- 4 cloves smashed garlic
- 1½ pounds green beans
- ½ pound sliced mushrooms
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ① Heat oven to 350°.
- ② Place bread crumbs and flour

separately in 2 shallow dishes and the eggs in a shallow bowl. Coat chicken in flour and dip in egg, shaking off excess. Coat with bread crumbs and place on a plate.

③ In a large nonstick skillet, heat 2 tablespoons of the oil over medium-high heat. Sauté chicken 2 to 3 minutes per side, until browned.

④ In the bottom of a baking dish, mix ¼ cup of the marinara sauce with 2 tablespoons water. Place chicken in dish and top each with 3 tablespoons sauce and 3 tablespoons cheese. Bake at 350°, covered, for 15 minutes.

⑤ Meanwhile, in a large skillet, simmer broth and garlic, covered, 2 minutes. Add the green beans and mushrooms and simmer, covered, for 5 minutes, until tender. Drain and toss with the remaining teaspoon olive oil and season with salt and pepper. Serve with chicken.

PERSERVING 453 calories; 18 g fat (5 g sat.); 38 g protein; 34 g carbohydrate; 6 g fiber; 787 mg sodium; 156 mg cholesterol



HOW TO COOK SPAGHETTI SQUASH

Cut squash in half lengthwise and remove seeds. Place cut sides down in roasting pan, add ½ cup water and cover with foil. Bake at 350° for 1 hour. Using fork, shred into strands.



Flavorful low-cal veggies like green beans and spaghetti squash (recipe above) are great alternatives to pasta.

FamilyCircle.com

Get more good-for-you dinner recipes at familycircle.com/healthyfamilydinners



ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



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chicken à la calabrese

MAKES 8 servings **PREP** 20 minutes
COOK 15 minutes **BAKE** at 450° for 15 minutes, then at 350° for 25 minutes

- 1 whole chicken (3½ to 4 pounds), cut into 8 pieces, skin removed, wings reserved for another use
- 1 tablespoon olive oil
- 1 large onion, peeled and sliced
- 2 large sweet peppers, cored, seeded and sliced
- 3 cloves garlic, smashed
- 1 can (28 ounces) whole tomatoes in puree
- ½ cup white wine
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- ¼ cup fresh parsley leaves
- ¼ cup fresh mint leaves
- 1 sprig fresh oregano
- 1 sprig fresh thyme
- ¾ pound whole-grain penne (such as Ronzoni Smart Taste), cooked following package directions
- ¼ cup grated Romano cheese

① Heat oven to 450°. Place chicken pieces in a lightly greased lidded casserole (or large open casserole dish); roast uncovered at 450° for 15 minutes.

② Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion, peppers and garlic and cook 5 minutes, stirring occasionally. Add tomatoes, wine, salt, pepper and red pepper flakes, breaking up tomatoes with a wooden spoon. Simmer, uncovered, 10 minutes, stirring occasionally. Stir in parsley, mint, oregano and thyme.

③ Pour sauce over chicken. Cover and reduce heat to 350°. Bake for an additional 25 minutes or until internal temperature registers 170° on an instant-read thermometer.

④ Serve chicken and sauce over cooked pasta. Garnish with grated Romano cheese.

PER SERVING 475 calories; 10 g fat (2 g sat.); 49 g protein; 44 g carbohydrate; 6 g fiber; 508 mg sodium; 123 mg cholesterol

STOCK OPTION

MAKE YOUR OWN CHICKEN BROTH.

Remove excess skin from leftover chicken bones and carcass; place in a large stockpot and cover with water. Cut 1 onion, 2 ribs celery and 2 carrots into large chunks and add to pot along with 8 peppercorns and 2 bay leaves. Bring to a boil; reduce heat to low and simmer, uncovered, 4 hours. Skim off fat and strain.



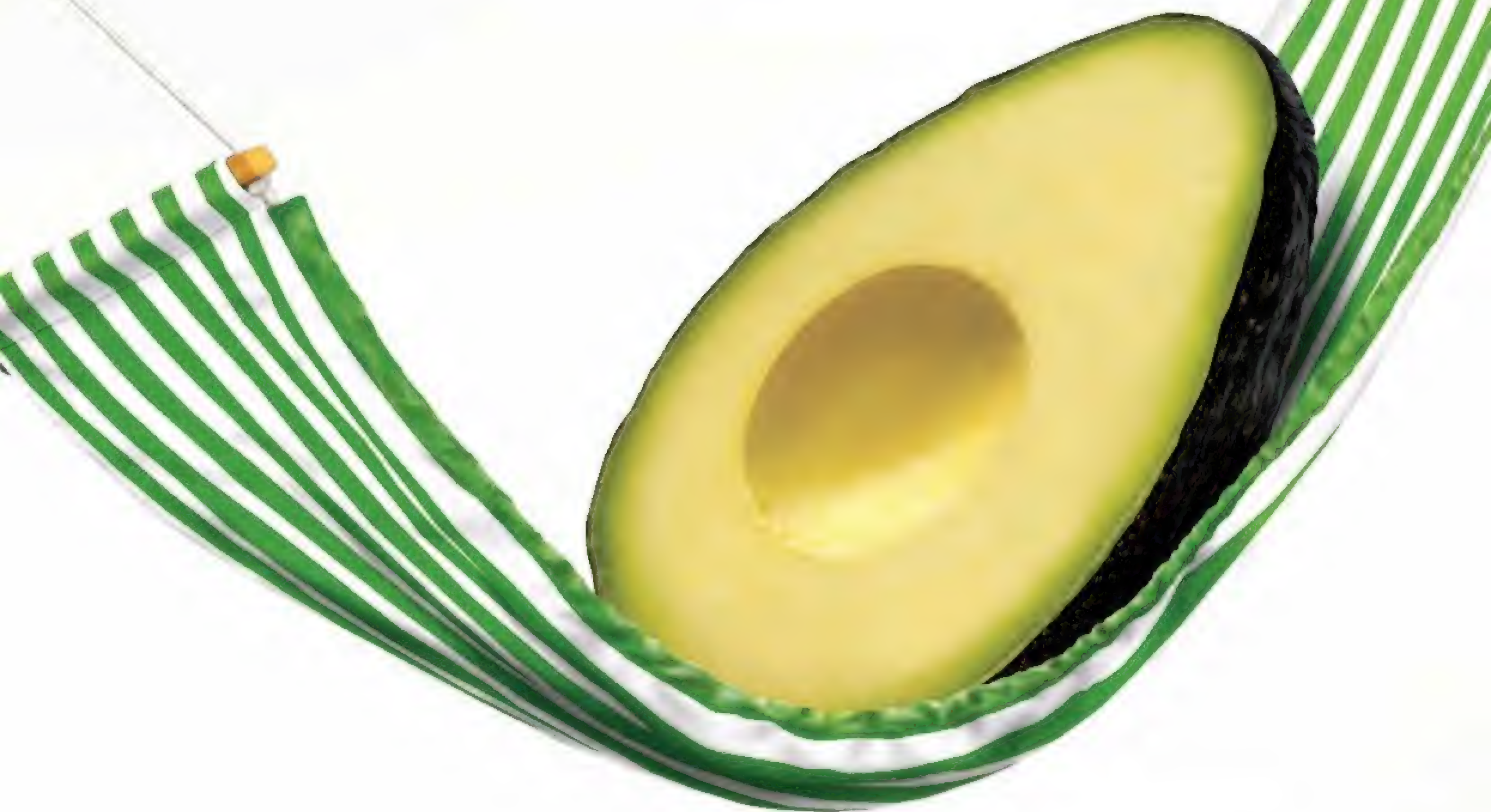
WINE PAIRING

Affordable picks that make any weeknight dinner special.

Concannon Reisling 2009 (California), \$10. Delicate yet flavorful with notes of pear. Goes well with chicken, shellfish and spicy foods.

Monte Velho Red 2009 (Portugal), \$10. Refreshing berry flavor and a nice acidity level. Pair with bold dishes, like our Chicken à la Calabrese (left).





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*Classic Burger
with Avocado*





sweet & sour asian wraps

MAKES 4 servings

PREP 20 minutes **COOK** 5 minutes

DIPPING SAUCE

- 2 tablespoons light soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons sugar
- 1 teaspoon fish sauce
- $\frac{1}{4}$ teaspoon sriracha (Thai hot sauce)

WRAPS

- 1 tablespoon canola oil
- 1 pound ground chicken
- 1 small red sweet pepper, cored, seeds removed and chopped
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon sriracha
- 2 scallions, chopped
- 1 tablespoon light soy sauce
- 16 large Bibb lettuce leaves (about 2 heads)
- Sliced cucumber, scallions, mint, lime, for serving
- 3 cups cooked brown rice

① **Dipping Sauce.** In a small bowl, stir together soy sauce, vinegar, sugar, fish sauce, sriracha and 1 tablespoon water. Set aside.

② **Wraps.** Heat oil in a large nonstick skillet over medium-high heat. Crumble in chicken and cook 2 minutes, breaking up large pieces with a wooden spoon. Stir in red pepper, sugar, garlic powder, ginger and sriracha. Cook 3 minutes, until no longer pink, stirring occasionally. Take off heat and stir in scallions and soy sauce.

③ To serve, spoon $\frac{1}{4}$ cup chicken mixture into each lettuce leaf and top with cucumber, scallions, mint and a squeeze of lime. Serve with Dipping Sauce and brown rice.

PER SERVING 427 calories; 17 g fat (5 g sat.); 26 g protein; 44 g carbohydrate; 5 g fiber; 723 mg sodium; 137 mg cholesterol



KID-FRIENDLY For a less fiery dipping sauce, skip the spicy sriracha and substitute in 1 tablespoon hoisin sauce or ketchup.

chicken cutlet salad

MAKES 4 servings

PREP 15 minutes **COOK** 7 minutes

- $1\frac{1}{2}$ pounds chicken cutlets (about 6 ounces each)
- 5 tablespoons balsamic vinegar
- 1 teaspoon dried oregano
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 tablespoons olive oil
- 1 pound plum tomatoes, chopped
- 1 large head of escarole, washed, dried and cut into bite-size pieces
- 1 head romaine lettuce, washed, dried and cut into bite-size pieces
- 1 small red onion, peeled and thinly sliced
- Fresh basil, for garnish

① Brush chicken with 1 tablespoon of the vinegar and

season with the oregano, $\frac{1}{4}$ teaspoon of the salt and $\frac{1}{8}$ teaspoon of the pepper. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Cook chicken 3 minutes per side. Remove to plate; keep warm.

② Add remaining 4 tablespoons vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon black pepper, 3 tablespoons olive oil and the plum tomatoes to skillet. Scrape up any browned bits from bottom of skillet and gently heat through, about 1 minute.

③ Toss together escarole, romaine lettuce and red onion. Slice chicken and serve over salad and spoon warm tomato vinaigrette over the top. Garnish with fresh basil.

PER SERVING 378 calories; 18 g fat (3 g sat.); 38 g protein; 16 g carbohydrate; 7 g fiber; 558 mg sodium; 94 mg cholesterol ●



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PINK LEMONADE CRUMB BARS

MAKES 18 bars PREP 15 minutes BAKE at 350° for 55 minutes

CRUST AND CRUMBS

- 2 cups plus 2 tablespoons all-purpose flour
- ½ cup sugar
- ½ cup blanched slivered almonds
- ⅛ teaspoon salt
- 1 cup (2 sticks) unsalted butter, melted
- 1 teaspoon vanilla extract

FILLING

- 1½ cups sugar
- ¼ cup all-purpose flour
- 5 large eggs
- ½ cup seedless raspberry jam, stirred to loosen up
- ½ cup fresh lemon juice (about 2 lemons)
- Grated zest of 1 lemon (about 1½ teaspoons)

① Heat oven to 350°. Line a 13 x 9 x 2-inch metal baking pan with nonstick foil.

② **Crust and Crumbs.** Combine 2 cups of the flour, the sugar, almonds and salt in a food processor. Pulse to finely grind almonds and blend ingredients. While processor is running, add butter and vanilla. Reserve ⅔ cup crumbs mixture and press rest into bottom of prepared pan. Bake at 350° for 25 minutes. Meanwhile, with your hands, blend remaining 2 tablespoons flour into reserved crumbs.

③ **Filling.** In a medium-size bowl, whisk sugar and flour. Whisk in eggs, then raspberry jam. Whisk in lemon juice and zest.

④ Remove crust from oven and pour filling over crust. Return to oven and bake 15 minutes. Sprinkle crumbs over top of bar and bake an additional 15 minutes. Cool in pan on rack. Chill before cutting into bars. Refrigerate until packaging or serving.

PER BAR 269 calories; 12 g fat (6 g sat.); 4 g protein; 37 g carbohydrate; 1 g fiber; 35 mg sodium; 77 mg cholesterol

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JUMBO KITCHEN
SINK COOKIES
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CHOCOLATE-CHERRY FUDGE BROWNIES

MAKES 24 brownies PREP 10 minutes SOAK 5 minutes
MICROWAVE 2 minutes BAKE at 350° for 25 minutes

- 1 cup dried tart cherries,
coarsely chopped
- 1 cup (2 sticks) unsalted butter
- 4 squares (1 ounce each)
unsweetened baking
chocolate, coarsely chopped
- 2 cups sugar
- 4 large eggs
- 1½ cups all-purpose flour
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- 1 cup semisweet mini
chocolate chips

- ① Heat oven to 350°. Line a 15 x 10 x
1-inch jelly roll pan with nonstick foil.
- ② Combine cherries and 1 cup hot
water in a bowl. Soak 5 minutes.
- ③ Meanwhile, combine butter
and chopped chocolate in a large

microwave-safe bowl. Microwave
1 minute; whisk to slightly blend.
Microwave another minute;
whisk until smooth.

④ Whisk in sugar. Whisk in
eggs, one at a time. Whisk in flour,
vanilla and salt. Drain softened
cherries and stir into batter, along
with ¾ cup of the mini chips. Spread
into foil-lined pan. Sprinkle with
remaining ¼ cup mini chips.

⑤ Bake brownie at 350° for 25
minutes. Cool completely
in pan on wire rack. Use foil
to lift brownie from pan;
cut into 24 squares.

PER BROWNIE 261 calories; 14 g fat (8 g
sat.); 3 g protein; 34 g carbohydrate; 3 g
fiber; 40 mg sodium; 55 mg cholesterol



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MAKES 48 clusters **PREP** 15 minutes
COOK 3 minutes **LET STAND** 25 minutes

2½ cups Cinnamon Chex cereal
2½ cups Golden Grahams cereal
1 cup mini marshmallows
1 cup golden raisins
3 cups white chocolate morsels

- ① Line 3 large baking sheets with waxed paper. Pour cereals into a colander; sift out small pieces.
- ② In a large bowl, combine cereals, marshmallows and raisins.
- ③ Heat a medium saucepan of water to simmering. Place white chocolate morsels in a glass or metal bowl and place over simmering water. Heat, stirring, until melted, about 3 minutes. Cool slightly.
- ④ Pour white chocolate over mixture in bowl; stir until all dry pieces are coated. Working quickly, drop by heaping spoonfuls onto prepared sheets. Let stand at room temperature until dry to the touch, about 25 minutes.

PER CLUSTER 88 calories; 4 g fat (2 g sat.); 1 g protein; 13 g carbohydrate; 0 g fiber; 42 mg sodium; 1 mg cholesterol



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RED VELVET CUPCAKES

MAKES 24 cupcakes

PREP 20 minutes

BAKE at 350° for 23 minutes

CUPCAKES

2¾ cups all-purpose flour

¼ cup unsweetened cocoa powder

1½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

¾ cup (1½ sticks) unsalted butter, softened

1½ cups granulated sugar

¾ cup reduced-fat sour cream

2 large eggs

1 bottle (1 ounce) red food coloring

½ cup 2% milk

FROSTING

1 package (8 ounces) Neufchâtel (reduced-fat cream cheese), softened

¼ cup (½ stick) unsalted butter, softened

1 box (16 ounces) confectioners' sugar

1 teaspoon vanilla extract

① Heat oven to 350°. Line 2 standard-size muffin pans with 24 cupcake liners.

② **Cupcakes.** In bowl, mix flour, cocoa, baking powder, baking soda and salt. In second bowl, beat butter and sugar on medium-high until smooth. Beat in sour cream. Beat in eggs, one at a time. On low speed, beat in flour mixture and food coloring, alternating with milk. Spoon into cupcake liners, filling each about ¾ full.

③ Bake at 350° for 23 minutes or until toothpick inserted in centers of cupcakes comes out clean. Remove from pan; cool



completely on wire rack.

④ Prepare **Frosting.** Beat Neufchâtel and butter until smooth. On low, beat in confectioners' sugar, then vanilla. Spread or pipe onto cupcakes.

PER CUPCAKE 287 calories; 11 g fat (7 g sat.); 4 g protein; 44 g carbohydrate; 1 g fiber; 130 mg sodium; 49 mg cholesterol

JUMBO KITCHEN SINK COOKIES

MAKES about 24 cookies

PREP 15 minutes

BAKE at 350° for 25 minutes

1 cup (2 sticks) unsalted butter, softened

1 cup granulated sugar

1 cup packed light-brown sugar

2 large eggs

1 teaspoon vanilla extract

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon cinnamon

½ teaspoon salt

¼ teaspoon nutmeg

1 package (12 ounces) semisweet chocolate morsels

2 cups shredded coconut

1½ cups old-fashioned oats

1½ cups mixed jumbo raisins

① Heat oven to 350°.

② In a large bowl, beat butter, granulated sugar and brown sugar on medium speed. Beat in eggs, one at a time. Beat in vanilla. On low speed, beat in flour, baking powder, cinnamon, salt and nutmeg.

③ Stir in chocolate morsels, coconut, oats and raisins. Drop batter by ¼-cupfuls onto ungreased cookie sheets, about 2



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inches apart. Press to flatten. Bake at 350° for 25 minutes or until light brown around edges. Transfer to wire racks to cool completely.

PER COOKIE 302 calories; 13 g fat (8 g sat.); 4 g protein; 45 g carbohydrate; 2 g fiber; 103 mg sodium; 35 mg cholesterol

WHOOPIE PIES

MAKES 18 servings

PREP 5 minutes

BAKE at 350° for 12 minutes

CAKES

- 1 box (18.25 ounces) devil's food cake mix

- 3 large eggs
- ½ cup vegetable oil
- ½ teaspoon baking powder

FILLING

- 1 stick unsalted butter, softened
- 2 cups confectioners' sugar
- ½ teaspoon vanilla extract

① Heat oven to 350°. Coat 3 large cookie sheets with nonstick cooking spray.

② **Cakes.** In large bowl, combine cake mix, eggs, oil, 3 tablespoons water and baking powder. Beat on low speed for 30 seconds, then on medium for 2 minutes; batter will be thick. Drop by heaping tablespoonfuls onto prepared sheets, spacing about 2 inches apart, for a total of 36 mounds.

③ Bake at 350° for 12 minutes, rotating sheets halfway through. Let cookies stand on sheets for 2 minutes, then use a thin metal spatula to quickly

transfer cakes to wire racks to cool. Repeat with remaining batter.

④ While cakes are cooling, prepare **Filling**. In a medium-size bowl, beat butter until smooth. Add confectioners' sugar, vanilla and 1½ tablespoons water. Beat on low speed until blended, then increase speed to medium-high and beat until smooth. Spread a heaping tablespoon Filling onto a cake. Sandwich with a second cake. Repeat.

PER WHOOPIE PIE 250 calories; 15 g fat (5 g sat.); 3 g protein; 27 g carbohydrate; 1 g fiber; 187 mg sodium; 64 mg cholesterol



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ON OUR COVER

→ BY JULIE MILTENBERGER

LEMON BUNDT CAKE

MAKES 12 servings PREP 15 minutes BAKE at 325° for 1 hour

CAKE

- 4 cups cake flour (not self-rising)
- 1 tablespoon baking powder
- $\frac{3}{4}$ teaspoon salt
- 1 cup (2 sticks) unsalted butter, softened
- $1\frac{1}{2}$ cups sugar
- 4 eggs
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ cup lemon juice

DRIZZLE AND FILLING

- 1 cup confectioners' sugar
- $\frac{1}{4}$ teaspoon lemon extract
- 1 package (4 ounces) fresh blueberries
- 1 package (6 ounces) fresh raspberries
- 1 tablespoon strawberry jelly or seedless raspberry jam, melted

① Heat oven to 325°. Generously coat a 10-cup kugelhopf or bundt pan with nonstick baking spray (such as Baker's Joy), making sure to get into all the ridges.

② **Cake.** In medium-size bowl, combine flour, baking powder and salt. Set aside.

③ In large bowl, beat butter until smooth. Beat in sugar until fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla. On low, beat in flour mixture, alternating with **1 cup water** and the lemon juice. Scrape into prepared pan.

④ Bake cake at 325° for 1 hour or until toothpick inserted in cake comes out clean. Cool in pan on wire rack for 15 minutes. Carefully trim

cake level, run thin knife around cake edge and invert directly onto rack to remove pan. Cool completely.

⑤ **Drizzle and Filling.** In medium bowl, blend confectioners' sugar, **2 tablespoons water** and lemon extract. Whisk until blended and smooth. Drizzle over cake, allowing to drip down side.

⑥ In small bowl, toss together blueberries, raspberries and melted jelly or jam. Fill center of cake with as much of the berry mixture as possible. Serve remaining berries alongside slices of cake.

PER SERVING 445 calories; 17 g fat (10 g sat.); 5 g protein; 68 g carbohydrate; 2 g fiber; 272 mg sodium; 111 mg cholesterol ●



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McCormick® Spiced Springtime Sugar Cookies

INGREDIENTS

2 ½ cups flour
1 tsp. baking soda
1 tsp. McCormick Ground Cinnamon
¼ tsp. McCormick Ground Nutmeg
¼ tsp. salt
1 ¼ cups sugar
1 cup (2 sticks) butter, softened
1 egg
2 tsp. McCormick Pure Vanilla Extract
Colorful Cookie Glaze
(Visit mccormick.com for Glaze recipe)

MIX flour, baking soda, cinnamon, nutmeg and salt. Beat sugar and butter in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Refrigerate 2 hours or overnight until firm.

ROLL out dough on lightly floured surface to ⅛-inch thickness. Cut into shapes with cookie cutters. Place on greased baking sheets.

BAKE in preheated 375°F oven 8 to 10 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely. Decorate cooled cookies with Colorful Cookie Glaze. Place on wire rack to dry.

Makes 6 dozen.

Choosing our rich, distinctive McCormick Pure Vanilla Extract will ensure your Easter treats are without equal. For these decorating ideas and more great-tasting recipes, visit mccormick.com or call 1-800-MEAL-TIPS

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GOOD EGGS

Pages 22–34: All supplies, **Michaels**, michaels.com for stores. Origami paper can also be found at dickblick.com.

•style

STYLE NEWS

Page 61: Vanitymark Brow Glazes, vanitymark.com, \$8.

Page 62: Keeper of the Flame: **Ecoya** Natural Soy Metro Glass Jar Candle, candlelirium.com, \$29.

Waste Not: **Dr. Hauschka** Tube Wringer, drhauschka.com, \$16.

Dream Weaver: Shirt, **John**

Robshaw for Lucky, Lucky stores and luckybrand.com, \$89.50.

Flats, **John Robshaw for Lucky**, luckybrand.com, \$59.

MAKING THE CUT

Page 64: Pretty Pixie: Dress, **Milly**, piperlime.com. Earrings, **Stella & Dot**, stelladot.com.

Page 66: A Better Bob: Dress, **Megan Park**, lespommettes.com. Earrings, **Elva Fields**, elvafields.com.

Page 67: A Long Story: Dress, **Iodice**, 312-255-0900. Necklace, **Megan Park**, vermillionstyle.com.

Page 68: The Big Bang: Tank, **Vivienne Tam**, viviennetam.com. Earrings, **R.J. Graziano**, 212-685-1248.

Page 69: Pixie: **Redken**, redken.com for salon locations, \$16. **Garnier Fructis**, drugstores, \$5. Long: **John Frieda**, drugstores, \$6.50. **Joico**, joico.com for salon locations, \$18.

Bangs: **Cutler**, gbsbeauty.com, \$21.

Nexus, drugstores, \$11. Bob: **Matrix**, matrix.com for salon locations, \$14.

Pantene, drugstores, \$6. ●

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my family life

→ BY PATTY A. MARTINEZ



DEBI MAZAR

In addition to her role on *Entourage*, the 46-year-old actress stars in the new Cooking Channel show *Extra Virgin* with husband Gabriele Corcos. She dishes about life with daughters Evelyn, 8, and Giulia, 5.

How did you learn to cook? I used to watch my grandmother make fancy, Julia Child-style beef bourguignon. And growing up in New York City, I was exposed to many cultures. I experimented with Puerto Rican and Jamaican food.

Has your love of food rubbed off on your daughters? Definitely. They've seen Gabriele and

me cooking since day one. I remember coming home once and spotting Giulia, who was 3 at the time, with a big knife in her hand. Panicking, I asked Gabriele what was up. "Calm down," he said. "She's practicing how to chop an onion." These days she wakes up and says, "I'm making pancakes!" And Evelyn is the food critic. She'll try almost anything and has

a very precise palate. "Too much salt," she'll say, or "Needs more pork."

Before we get back to cooking, let's talk about *Entourage* for a minute. Why do you think it is such a hit? People love the glamour of Hollywood. We shoot on location, L.A. is a gorgeous city, and it's a total boys' show. The concept is a men's fantasy world: perks, chicks, money and cars.

What's it like being outnumbered on set? Are you treated like one of the boys? No, I'm more like the mom. It's so much fun! I'm a powerful force—in and out of character.

On your new show, *Extra Virgin*, you get to be yourself. Why did you decide to film a show from your kitchen? On other cooking programs everything is precut and perfect. Gabriele and I wanted people to see what it's like at a normal house: ingredients spilling out of pots, the dog marching through the kitchen, the kids yelling, "I'm hungry!" I think most moms can relate.

You've described your husband as a romantic. What has he done that's dreamy? He bought me a plant that grew into a tree, and every year it gets bigger and bigger—like our love.

it's all
relative

Play time

"We love going to museums and taking walks through the woods. But we can have fun anywhere. The other night we got in a line and did a *Soul Train* dance around the kitchen."

That's amore

"When Gabriele started introducing me to Tuscan culture, I fell in love with the food, wine and way of life. I'm now an Italian citizen and the girls and I speak Italian!"

Miss Manners

"I'm teaching my daughters to be ladies by showing them how to dress appropriately when they leave the house, and how to be thoughtful and polite."

Handle with care

"I don't like the idea of things being off-limits to kids—like a fancy sitting room where they can't touch anything. I own vintage pottery cups, and I let my girls hold them. It teaches them to treat objects with respect."

Scoring points

"The girls finally thought I was cool when I got a part on the Jonas Brothers TV show. I brought them to the set and they got to see the guys in concert. It was adorable that they were so excited."

FamilyCircle.com

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"It's comforting to talk to other moms. We all have bad days we wish we could do over—nobody is perfect."

Lunchables

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